

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

SPRING 2018
April 2-June 16



Register online:
seattle.gov/parks
March 6 at Noon



Come Play with Us!

Welcome to Lifelong Recreation!

SPRING Quarter 2018
April 2-June 16

No Programs and Facilities closed on:
• May 28 Labor Day



Registration begins at noon, March 6, 2018.
Detailed registration information is found on pages 50-51.

Seattle Parks Lifelong Recreation Staff



For over 42 years, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!

ADA Upgrades

We have been upgrading several community centers for accessibility related to the Americans with Disabilities Act (ADA). Upgrades at Delridge, Garfield, Lake City, and Ravenna-Eckstein are complete; inside/outside work at Meadowbrook and Miller is still ongoing. This work may temporarily affect our programs and participants in terms of parking, bathrooms, noise, and dust. Thank you for your patience during the work!

E-Newsletter...

Receive the Lifelong
Recreation Newsletter!

Go to [www.seattle.gov/parks/
find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))
and add your email address.



Lifelong Recreation Inclement Weather Policy

The safety of our participants is our priority. When inclement weather occurs (snow, ice, storms), we follow the Seattle Public Schools closure decisions in determining whether it is safe to hold our classes and trips. Please listen to the news in the morning. **If Seattle Public Schools are closed or delayed, Lifelong Recreation programs are cancelled for the entire day.**

Table of Contents

Location Map and Staff Directory	4-5
Special Events	6
Fitness Classes at a Glance	7-9
Adult Sports	10
Drop-In Fitness	10
Aquatics	11
Northwest	12-17
Field Trips, Hike, Lunch Club	12-13
Special Events, Social Programs	14
Arts and Handwork	15
Lifelong Learning	15
Volunteer Opportunities	15
Drop-In Sports, Fitness Classes	15-17
Northeast	18-23
Field Trips	18-19
Nature Walks	19
Special Events, Social Programs	19-20
Arts and Handwork	20
Lifelong Learning	21
Volunteer Opportunities	21
Drop-In Sports, Sports, Fitness Classes	21-23

Central	24-30
Field Trips, Hike	24-25
Social Programs	26
Arts and Handwork	27
Lifelong Learning	27
Drop-In Sports, Fitness Classes	28-29
LGBTQ	30
Southwest	31-35
Field Trips, Hike	31-32
Special Events, Social Programs	32
Arts and Handwork	32
Lifelong Learning	33
Drop-In Sports, Fitness Classes	34-35
Southeast	36-39
Field Trips	36-37
Special Events, Social Programs	37-38
Arts and Handwork	38
Lifelong Learning	38
Drop-In Sports, Fitness Classes	39
SIGNATURE PROGRAMS	40-45
Dementia-Friendly Recreation	40-41
Sound Steps Walking Program	42-45
Dog Walks	46
Volunteer Opportunities	47
Community Resources	48-49
Register for Programs, Scholarships	50-51

See for yourself what lives in our local tide pools! Go to page 6 Discovery Park Scholars to find out how.



COMMUNITY CENTER LOCATIONS



Pages
12-17

Northwest

Carol Baxter-Clubine, Recreation Specialist
206-233-7138 / cell 206-399-8561 / carol.baxter@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
2550 34th Ave. W, 98199
tel: 206-386-4235

Pages
18-23

Northeast

Robin Brannman, Recreation Specialist
206-386-9106 / cell 206-300-2043 / robin.brannman@seattle.gov

6) LAKE CITY
12531 28th Ave. NE, 98125
tel: 206-218-5298
7) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529

**8) MAGNUSON PARK
Community Center**
7110 62nd Ave. NE, 98115
tel: 206-684-7026
Magnuson Brig, Building 406
6344 NE 74th St., 98115
Building 30, Workshop
6310 NE 74th St., 98115

9) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
10) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
11) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

Pages
24-30

Central

Sarah Demas, Recreation Specialist
206-684-4240 / cell 206-450-9522 / sarah.demas@seattle.gov

12) BELLTOWN CC
415 Bell St., 98121
tel: 206-684-7245
13) CAL ANDERSON
1635 11th Ave., 98122
tel: 206-684-4075
14) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788

**15) INTERNATIONAL DISTRICT /
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042
16) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753

17) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736
18) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
31-35

Southwest

John Hasslinger, Interim Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

19) ALKI CC
5817 SW Stevens St., 98116
tel: 206-684-7430
20) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423

21) HIAWATHA CC
2700 California Ave. SW, 98116
tel: 206-684-7441
22) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422

23) SOUTH PARK CC
8319 8th Ave. S, 98108
tel: 206-684-7451
24) SOUTHWEST CC
2801 SW Thistle St., 98112
tel: 206-684-7438

Pages
36-39

Southeast

Angela P. Smith, Recreation Specialist
206-684-7484 / cell 206-310-8163 / angelap.smith@seattle.gov

25) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481
26) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919

27) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925
28) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921

29) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

Pages
10, 40-45

Signature Programs

**Sound Steps Walking Program
and Food and Fitness**
Tamara Keefe: 206-684-4664
cell 206-399-4655
sound.steps@seattle.gov

Dementia-Friendly Recreation
Cayce Cheairs: 206-615-0100
cell 206-786-2365
cayce.cheairs@seattle.gov

Adult Sports
Jayson Powell: 206-684-7092
cell 206-295-2465
jayson.powell@seattle.gov



Victoria BC Overnight

Enjoy 3 days and 2 nights in beautiful Victoria BC! Ride the Clipper, stay at historic Huntingdon Manor, tour Butchart Gardens, ride a double-decker motor coach, have afternoon tea at the Fairmont Empress, and more!

Dates: 6/22-6/24. See page 37 for details.



Photo courtesy of Katrina Beach

Discovery Park Scholars

Discovery Park is Seattle's largest park and has many natural wonders to explore. Join an expert to investigate. One day a week, for three weeks, embark on a journey into three different topics: birds, saltwater and freshwater life, and native plants.

Bring a sack lunch and dress for the weather.

May 10: Learn basic birdwatching techniques and visit several different habitats to search for resident favorites and exciting migrants. Bring binoculars and a field guide if you have them.

May 17: Make some new friends by learning the names of the trees, shrubs, and herbs that make the Puget Sound region their home. Bring a field guide and a jeweler's loupe if you have them. *Wear shoes that can get wet and bring an extra pair.*

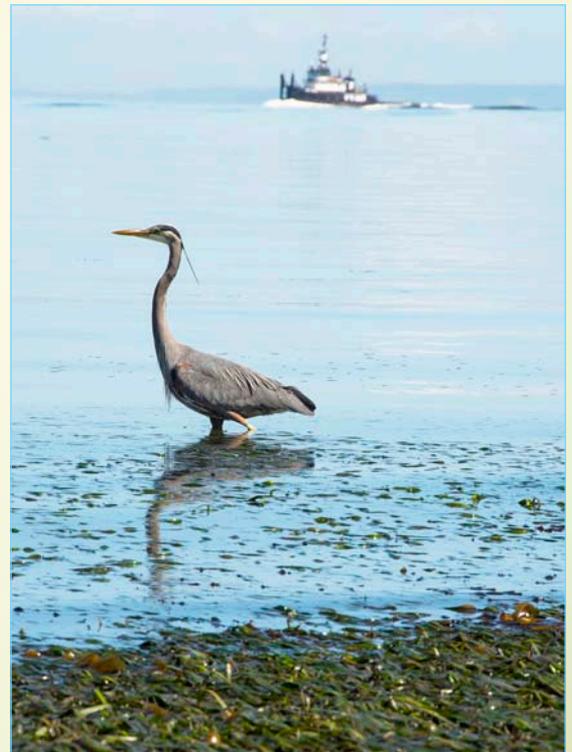
May 24: Experience low tide in the morning and take a dip (with nets) in freshwater ponds in the afternoon.

When: 5/10-5/24

Time: Thursdays, 9:30 a.m.-2 p.m.

Cost: \$25 a session/\$60 all three sessions

Register with number 179471.



SENIOR AEROBICS

Video Link: <https://youtu.be/3RyasavedEE>

176523	Mon	9:30-10:30 a.m.	Queen Anne	\$41
176675	Mon	11 a.m.-Noon	Northgate	\$37
176626	Tue	9:30-10:30 a.m.	Magnolia	\$45
176750	Wed	8:30-9:30 a.m.	Jefferson	\$40
176525	Wed	9:30-10:30 a.m.	Queen Anne	\$45
176625	Thu	9:30-10:30 a.m.	Magnolia	\$45

ARTHRITIS EXERCISE PROGRAM

176450	Wed	11:30 a.m.-12:30 p.m.	Queen Anne	\$45
176449	Fri	11:30 a.m.-12:30 p.m.	Queen Anne	\$45

BODY CONDITIONING

Video Link: <https://youtu.be/mHL23iTXdQ8>

176500	Mon	9-10 a.m.	Rav-Eck	\$50
176630	Tue	10:50-11:50 a.m.	Bitter Lake	\$45
176501	Wed	9-10 a.m.	Rav-Eck	\$55

CHINESE DANCE: DROP-IN

	Thu	10 a.m.-1 p.m.	IDCC	\$3/\$2
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CIRCUIT TRAINING

Video Link - Bitter Lake: <https://youtu.be/JpJLEntLKAM>

Video Link - Queen Anne: <https://youtu.be/Faj4Hn5-fR0>

176760	Mon	8-9 a.m.	Rainier	\$37
176636	Tue	9:30-10:30 a.m.	Loyal Heights	\$45
176454	Tue	9:30-10:30 a.m.	Queen Anne	\$55
176455	Tue	10:45-11:45 a.m.	Queen Anne	\$55
176761	Wed	8-9 a.m.	Rainier	\$50
176637	Wed	9:30-10:30 a.m.	Loyal Heights	\$45
176634	Thu	9:30-10:30 a.m.	Loyal Heights	\$45
176452	Thu	9:30-10:30 a.m.	Queen Anne	\$55
176453	Thu	10:45-11:45 a.m.	Queen Anne	\$55
176633	Fri	10-11 a.m.	Bitter Lake	\$45

ENHANCE FITNESS

176464	Mon	8-9 a.m.	Kaiser Perm.	\$41
176515	Mon	9-10 a.m.	Lake City	\$41
176762	Mon	9:15-10:15 a.m.	Rainier	\$45
176465	Mon	9:15-10:15 a.m.	Kaiser Perm.	\$41
176466	Mon	10:30-11:30 a.m.	Kaiser Perm.	\$41
176643	Mon	12:30-1:30 p.m.	Magnolia	\$49
176467	Mon	2-3 p.m.	Kaiser Perm.	\$41
176468	Mon	3:15-4:15 p.m.	Kaiser Perm.	\$41
176472	Tue	8-9 a.m.	Kaiser Perm.	\$45
176511	Tue	8-9 a.m.	Mag Brig	\$45
176512	Tue	9-10 a.m.	Mag Brig	\$45
176473	Tue	9:15-10:15 a.m.	Kaiser Perm.	\$45
176755	Tue	10-11 a.m.	Rainier Beach	\$45
176474	Tue	10:30-11:30 a.m.	Kaiser Perm.	\$45
176518	Tue	1:30-2:30 p.m.	Northgate	\$1
176476	Wed	8-9 a.m.	Kaiser Perm.	\$45
176516	Wed	9-10 a.m.	Lake City	\$45
176763	Wed	9:15-10:15 a.m.	Rainier	\$45
176475	Wed	9:15-10:15 a.m.	Kaiser Perm.	\$45
176477	Wed	10:30-11:30 a.m.	Kaiser Perm.	\$45
176644	Wed	12:30-1:30 p.m.	Magnolia	\$53
176520	Wed	1:30-2:30 p.m.	Northgate	\$1
176478	Wed	2-3 p.m.	Kaiser Perm.	\$45

176479	Wed	3:15-4:15 p.m.	Kaiser Perm.	\$45
176469	Thu	8-9 a.m.	Kaiser Perm.	\$45
176513	Thu	9-10 a.m.	Mag Brig	\$45
176470	Thu	9:15-10:15 a.m.	Kaiser Perm.	\$45
176764	Thu	10-11 a.m.	Rainier	\$45
176756	Thu	11:30 a.m.-12:30 p.m.	Rainier Beach	\$45
176471	Thu	10:30-11:30 a.m.	Kaiser Perm.	\$45
176519	Thu	1:30-2:30 p.m.	Northgate	\$1
176461	Fri	8-9 a.m.	Kaiser Perm.	\$45
176514	Fri	9-10 a.m.	Lake City	\$45
176510	Fri	9-10 a.m.	Mag Brig	\$45
176459	Fri	9:15-10:15 a.m.	Kaiser Perm.	\$45
176765	Fri	9:15-10:15 a.m.	Rainier	\$45
176460	Fri	10:30-11:30 a.m.	Kaiser Perm.	\$45
176641	Fri	12:30 -1:30 p.m.	Magnolia	\$53
176462	Fri	2-3 p.m.	Kaiser Perm.	\$45
176463	Fri	3:15-4:15 p.m.	Kaiser Perm.	\$45

EXERCISE TO IMPROVE BALANCE

176522	Mon	10:30 -11:20 a.m.	Meadowbrook	\$50
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FABULOUSLY FIT

176650	Mon	8-9 a.m.	Magnolia	\$45
176652	Wed	9-10:15 a.m.	Magnolia	\$61
176648	Fri	8-9 a.m.	Magnolia	\$49

FITNESS AT ALKI

176814	Wed	10-11 a.m.	Alki	\$45
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FITNESS ROOM FOUNDATION + MORE

176539	Tue	11:30 a.m.-12:30 p.m.	Northgate	\$50
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FIT PLUS

176538	Thu	8-9 a.m.	Mag Brig	\$50
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FUN FIT

176583	Tue	6-7 p.m.	Meadowbrook	\$55
176584	Thu	6-7 p.m.	Meadowbrook	\$55



JUICY JOINTS - INTERMEDIATE				
Video Link: https://youtu.be/Jl3t5-3FhH4				
176704	Tue	9:05-10:05 a.m.	Bitter Lake	\$45
176705	Thu	9:05-10:05 a.m.	Bitter Lake	\$45
LINE DANCE				
Video Link: https://youtu.be/n4CVebDKpDg				
All Levels				
176836	Tue	10:15-11:15 a.m.	Hiawatha	\$45
176835	Tue	6:30-7:30 p.m.	Alki	\$45
176517	Thu	6:15-7:15 p.m.	Queen Anne	\$45
Beginner				
176706	Mon	Noon-1 p.m.	Bitter Lake	\$41
176607	Wed	12:30-1:30 p.m.	Mag Brig	\$45
176768	Thu	11:30 a.m.-12:30 p.m.	Van Asselt	\$41
176608	Thu	6:45-7:45 p.m.	Mag Brig	\$45
Advanced-Beginner				
176707	Mon	10-10:45 a.m.	Bitter Lake	\$31
180138	Tue	9:30-10:15 a.m.	Hiawatha	\$40
176605	Tue	6:30-7:30 p.m.	Mag Brig	\$45
176766	Thu	11:30 a.m.-Noon	Van Asselt	\$20
176767	Fri	10-11 a.m.	Jefferson	\$45
176604	Fri	10-11 a.m.	Rav-Eck	\$45
Intermediate				
176708	Mon	10:45-11:45 a.m.	Bitter Lake	\$41
176609	Wed	10-11 a.m.	Mag Brig	\$45
176769	Thu	1-2 p.m.	Van Asselt	\$41
Intermediate-Advanced				
176611	Wed	11:15 a.m.-12:15 p.m.	Mag Brig	\$45
Drop-In Line Dance				
	M/ F	11 a.m.-12:30 p.m.	IDCC	\$3/\$2
MINDS IN MOTION				
176521	Mon	2-3 p.m.	Miller	\$22.75
NIA				
Session 1: 4/3-5/1				
176837	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 2: 5/8-6/5				
176838	Tue	10:15-11:15 a.m.	Delridge	\$50
Session 1: 4/6-5/4				
176645	Fri	10-11 a.m.	Meadowbrook	\$50
Session 2: 5/18-6/15				
176646	Fri	10-11 a.m.	Meadowbrook	\$50
NIA MOVING TO HEAL				
176847	Tue	11:45 a.m.-12:45 p.m.	High Point	\$45
176635	Fri	11:15 a.m.-12:15 p.m.	Meadowbrook	\$55
PARKINSON'S PROGRAMS				
Dance				
176456	Thu	11 a.m.-12:30 p.m.	Garfield	Free
PILATES				
Video Link: https://youtu.be/C6iGDgez3M				
176783	Mon	11:30 a.m.-12:30 p.m.	Loyal Heights	\$41
176658	Tue	11:30 a.m.-12:30 p.m.	Rav-Eck	\$50
176655	Wed	11:30 a.m.-12:30 p.m.	Northgate	\$45
177005	Thu	11:30 a.m.-12:30 p.m.	Mag Brig	\$50

SAIL - STAY ACTIVE AND INDEPENDENT FOR LIFE				
176788	Tue	11:30 a.m.-12:30 p.m.	Ballard	\$45
176789	Thu	11:30 a.m.-12:30 p.m.	Ballard	\$45
STRENGTH AND BALANCE CIRCUIT TRAINING				
176790	Tue	Noon-12:45 p.m.	Green Lake	\$45
176791	Thu	Noon-12:45 p.m.	Green Lake	\$45
STRENGTH AND CONDITIONING				
176715	Fri	7:45-8:45 a.m.	Laurelhurst	\$55
CHAIR STRENGTH AND TONE				
Video Link: https://youtu.be/Ujm9l1_5tnM				
176631	Mon	1:30-2:15 p.m.	Bitter Lake	\$41
TAI CHI AND QIGONG				
Tai Chi				
Video Link: https://youtu.be/J82jluSOs5s				
All Levels				
176536	Mon	11:30 a.m.-12:30 p.m.	Montlake	\$41
176540	Tue	10-11 a.m.	Queen Anne	\$45
176718	Tue	Noon-1 p.m.	Laurelhurst	\$45
176774	Tue	12:30-1:30 p.m.	Yesler	\$40
176794	Wed	11:30 a.m.-12:30 p.m.	Green Lake	\$45
176719	Wed	5:30-6:30 p.m.	Meadowbrook	\$45
177301	Thu	10:30-11:30 a.m.	Miller	\$45
176720	Thu	1-2 p.m.	Meadowbrook	\$45
176793	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	\$45
Beginner				
176716	Mon	1-2 p.m.	Northgate	\$37
Intermediate				
176717	Mon	2-3 p.m.	Northgate	\$37
176534	Thu	12:15-1:15 p.m.	Queen Anne	\$45
Drop-In Tai Chi				
	M/Th	9:30-10:30 a.m.	Rainier Beach	\$3
	T/Th	1:30-3 p.m.	South Park	Free
Tai Chi Chih® "Joy Through Movement"				
176528	Mon	Noon-1 p.m.	Miller	\$37
176532	Wed	Noon-1 p.m.	Miller	\$37
Tai Chi And Qigong				
176665	Wed	11:30 a.m.-12:30 p.m.	Magnuson	\$45
176851	Thu	12:15-1:15 p.m.	Delridge	\$50
176852	Fri	9:45-10:45 a.m.	High Point	\$46
176664	Fri	2:45-3:45 p.m.	Northgate	\$41
Qigong				
176787	Wed	Noon-1 p.m.	Bitter Lake	\$29
176786	Fri	12:30 a.m.-1:20 p.m.	Loyal Heights	\$45



TAP DANCE				
176853	Thu	12:30-1:30 p.m.	High Point	\$50
WALK TO RUN \$55/\$100				
176722	Tue	6-7 p.m.	Mag Brig	
179352	Sat	8-9 a.m.	Nathan Hale	
WORLD BEAT DANCE AEROBICS				
176723	Wed	10:30-11:30 a.m.	Meadowbrook	\$50
176724	Thu	10:30-11:30 a.m.	Northgate	\$45
YOGA				
Chair Yoga				
176451	Tue	12:30-1:30 p.m.	Miller	Free
Gentle Yoga				
Video Link: https://youtu.be/-rbaj950AtE				
176588	Mon	9-10 a.m.	Meadowbrook	\$45
176663	Mon	10-11 a.m.	Loyal Heights	\$45
176698	Mon	10:15-11:15 a.m.	Green Lake	\$45
176480	Mon	10:30-11:30 a.m.	Miller	\$50
176697	Mon	11:30 a.m.-12:30 p.m.	Green Lake	\$45
176587	Tue	8-9 a.m.	Laurelhurst	\$50
176485	Tue	8:15-9:15 a.m.	Montlake	\$50
176825	Tue	9-10 a.m.	Delridge	\$55
177267	Tue	9:30-10:30 a.m.	Montlake	\$50
176591	Tue	10-11 a.m.	Mag Brig	\$50
176597	Tue	10:15-11:15 a.m.	Northgate	\$45
177320	Tue	1:30-2:30 p.m.	Cal Anderson	\$50
176590	Wed	9-10 a.m.	Meadowbrook	\$50
176699	Wed	9:30-10:30 a.m.	Bitter Lake	\$50
176483	Thu	8:15-9:15 a.m.	Montlake	\$55
176481	Thu	9-10 a.m.	Garfield	\$45
176484	Thu	9:30-10:30 a.m.	Montlake	\$55
176594	Thu	9:30-10:30 a.m.	Magnuson	\$50
179461	Thu	1:30-2:30 p.m.	Cal Anderson	\$50
176595	Thu	5:30-6:30 p.m.	Magnuson	\$50
176598	Fri	9:45-10:45 a.m.	Rav-Eck	\$50
177258	Fri	10-11 a.m.	Belltown	\$55
176660	Fri	10:15-11:15 a.m.	Loyal Heights	\$50

176827	Fri	11 a.m.-Noon	High Point	\$50
176596	Fri	12:15-1:15 p.m.	Northgate	\$45
176589	Sat	9-10 a.m.	Meadowbrook	\$50
Drop-In Gentle Yoga				
	Wed	3-4 p.m.	IDCC	\$3/\$2
Hatha Yoga				
176486	Mon	10-11 a.m.	Queen Anne	\$45
176488	Wed	11 a.m.-Noon	Queen Anne	\$50
Meditation				
Session 1: 4/4-4/25				
176629	Wed	10-11:30 a.m.	Meadowbrook	Free
Session 2: 5/2-5/23				
176752	Wed	10-11:30 a.m.	Meadowbrook	Free
Session 1: 4/6-4/27				
176751	Fri	1:30-2:30 p.m.	Bitter Lake	Free
Session 2: 5/4-5/25				
176752	Fri	1:30-2:30 p.m.	Bitter Lake	Free
Vini Yoga				
176551	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	\$55
176795	Wed	10:30-11:30 a.m.	Ballard	\$45
176796	Fri	9:15-10:15 a.m.	Magnolia	\$50
176552	Fri	11 a.m.-Noon	Queen Anne	\$50
Drop-In Yoga Qigong Mix				
	Wed	6-7 p.m.	Rainier Beach	\$3
ZUMBA® GOLD				
Video Link: https://youtu.be/mzy3RR_SfuQ				
176784	Mon	11 a.m.-Noon	Jefferson	\$37
176854	Mon	10-11 a.m.	Alki	\$46
176855	Tue	10-11 a.m.	Alki	\$50
176800	Tue	10:30-11:30 a.m.	Loyal Heights	\$45
176802	Wed	10:30-11:30 a.m.	Magnolia	\$45
176856	Thu	10-11 a.m.	Delridge	\$50
176801	Thu	9:30-10:30 a.m.	Loyal Heights	\$45
176799	Fri	10:30-11:30 a.m.	Magnolia	\$45
176785	Fri	11 a.m.-Noon	Jefferson	\$50



ADULT SPORTS

Pickleball Tournament

Save the date for our spring pickleball tournament! Check our website, and/or contact Jayson Powell for more information, (contact nformation below).

NEW Adult Drop-In Basketball

Drop-in basketball is free at International District Community Center from 11:30 a.m.-1:30 p.m., and now **NEW** at Magnolia Community Center we have 50+ Tuesdays, 1-3:30 p.m..

For information about all of our Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:
206-684-7092, cell 206-295-2465,
email: jayson.powell@seattle.gov.

Come work out at our Drop-In Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call for open hours.

OUR FITNESS CENTERS ARE NOW FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245

Drop-In Sports at a Glance

Drop-In Basketball		Free
NORTHWEST		
Tue	1-3:30 p.m.	Magnolia

Drop-In Pickleball <i>(all levels unless noted)</i>		Free
NORTHWEST		
Mon	11 a.m.-1 p.m.	Magnolia
Tue	9:30-11:30 a.m.	Ballard
Tue	6-8:45 p.m. (starts 4/3/18)	Green Lake
T/F	10 a.m.-1 p.m.	Bitter Lake
Wed	6:30-8:30 p.m. (½ gym)	Ballard
Fri	Noon.-2:30 p.m.	Loyal Heights
Sat	11 a.m.-2 p.m. (all ages)	Green Lake

NORTHEAST			
M/W	10 a.m.-1 p.m.	Rav-Eck	
M/F	11 a.m.-2 p.m.	Northgate	
T/Th	10 a.m.-Noon	Adv	Meadowbrook
T/Th	Noon-2 p.m.	Meadowbrook	
Thu	9 a.m.-Noon	Magnuson	
Fri	11:30 a.m.-2 p.m.	Int/Adv	Rav-Eck

CENTRAL			
Mon	10:15 a.m.-1:15 p.m.	Miller	
Mon	6-8:45 p.m.	Int/Adv	IDCC
Wed	11 a.m.-1 p.m.	Queen Anne	
Fri	10 a.m.-Noon	Miller	

SOUTHWEST		
M/W	9:30-11:30 a.m.	Delridge
M/W/F	10 a.m.-12:30 p.m.	South Park
T/Th	Noon-2 p.m.	Delridge
Wed	9:30-Noon	High Point
Wed	6-8 p.m. (starts 4/4/18)	Delridge
Fri	9:30 a.m.-Noon	High Point
Fri	10 a.m.-Noon	Hiawatha

SOUTHEAST			
Mon	10 a.m.-Noon	Competitive	Jefferson
T/Th	10 a.m.-1 p.m.	Rainier	
T/Th	10 a.m.-Noon	Yesler	
W/F	10 a.m.-Noon	Van Asselt	

Note: subject to change during public school breaks.

Drop-In Table Tennis		Free
CENTRAL		
T/F	10:30 a.m.-1:30 p.m.	Garfield*
Wed	10 a.m.-1 p.m.	Green Lake
Fri	6-9 p.m.	Green Lake

** Lunch available on-site at Garfield for \$3.50*

Drop-In Volleyball		Free
SOUTHWEST		
T/Th	10 a.m.-Noon	Delridge

GLOWS: Green Lake Open Water Swims



Come join the 14th Annual Open Water Swim at Green Lake on Sunday 6/24! Challenge yourself to see how fast you can race across the lake! We supply lifeguards, a swim cap, and t-shirt to warm up with after. Call Robin Brannman at 206-386-9106 for more information.



Green Lake Small Craft Center & Mt. Baker Sailing and Rowing offer beginner boating classes!

NEW! Active Adults (50+) Program
Kayak Conditioning in 2018!

Call 206-684-4074 or 206-386-1913
for more information.



Let us help you get your feet wet!

POOLS - YEAR-ROUND INDOOR

Ballard Pool	206-684-4094
1471 NW 67th St.	
Evans Pool	206-684-4961
7201 E Green Lake Drive N	
Helene Madison Pool	206-684-4979
13401 Meridian Ave. N	
Meadowbrook Pool	206-684-4989
10515 35th Ave. NE	
Medgar Evers Pool	206-684-4766
500 23rd Ave.	
Queen Anne Pool	206-386-4282
1920 1st Ave. W	
Rainier Beach Pool	206-386-1925
8825 Rainier Ave. S	
Southwest Pool	206-684-7440
2801 SW Thistle St.	

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

- | | |
|-----------------------|--------------------|
| Lap Swim | Deep Water Fitness |
| Adult Swim | Hydro-Fit |
| Senior Swim | Stretch N Flex* |
| Women Only Swim | AquaZumba |
| Shallow Water Fitness | Adult Swim Lessons |

* low impact and perfect for seniors looking for ways to improve joint range of motion and flexibility





Carol Baxter-Clubine
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
carol.baxter@seattle.gov

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Pickup Request:

Following trip registration, contact Carol at 206-233-7138 to request your pickup location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

PICKUP SITES FOR TRIPS

Ballard Community Center
6020 28th Ave. NW-south of bldg, angled parking lot

Bitter Lake Community Center
13035 Linden Ave. N-north parking lot at street level

PICKUP TIMES FOR TRIPS

SOUTHBOUND TRIPS:

Bitter Lake: pickup 20 minutes before time listed.

Ballard: pickup at trip time listed.

NORTHBOUND TRIPS:

Ballard: pickup 20 minutes before time listed.

Bitter Lake: pickup at trip time listed.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

HIKES

Difficulty level is indicated by number of boots; please see rating chart on pg 42.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. Shape Up classes are noted by an orange asterisk next to the registration number, e.g. 160978*.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Tulips and More

\$20 + Fee

Nothing says spring is here more than the Tulip Festival. We will stop at Roozengarde to view a wonderful tulip display (*bring \$7 admission with you*), have lunch *on your own* at the Farmhouse, and then stop at Snow Goose Produce before heading back.

Northbound

176659 4/11 Wed 9:15 a.m.-4 p.m.

A Taste of Camano Island

\$20

Camano Island has a lot to offer. Our adventure will take us to Matzke Fine Art and Sculpture Park, we'll have lunch on the island (*on your own*), and then take in the beautiful scenery that Cama Beach and Camano Island State Park have to offer.

Northbound

176653 4/25 Wed 9:30 a.m.-4:30 p.m.

FIELD TRIPS

Cultivating Mushrooms \$20

Have you ever wondered how mushrooms are grown for production? Join us as we head to Ostrom's Mushroom Farm near Olympia to find out. We will take a tour of their facility and learn all we can about fungi! *Lunch on your own following.*

Southbound

176656 4/26 Thu 9 a.m.-2:30 p.m.

Powell's Wood and Soos Creek Botanical Garden \$20 + Fee

Enjoy the fresh blossoms of these beautiful gardens. First, tour Soos Creek Botanical Garden (*please bring a \$3 donation*), then lunch on your own, and off to Powell's Wood, a northwest garden. *Bring \$20 admission for tour at Powell's Wood and we will have tea following the tour on site.*

Southbound

176657 5/9 Wed 8:30 a.m.-4:30 p.m.

Cougar Mountain Zoo \$10

This quaint zoo is amazing! You can view white tigers, cougars, reindeer, and exotic birds up close. *Bring \$11.50 admission with you. Lunch on your own following at Goldberg's Famous Delicatessen.*

Southbound

176654 5/23 Wed 9 a.m.-2:30p.m.

Hike: Big Gulch \$10

Big Gulch is a greenbelt graced with well-maintained trails offering some fairly wild roaming just minutes from Paine Field. 225 feet of elevation gain. Approx. 2.5 miles. *Bring a sack lunch.*

Northbound

176703 5/30 Wed 9 a.m.-2:30 p.m.

Lunch Club

Explore the hottest restaurants in town, and out! Register ahead of time and BRING CASH; separate checks not always available; expect 17-20% gratuity on your bill. *Lunch on your own.*

Lunch Club pickups will now follow field trip pickups of Northbound and Southbound.

Mama Stortini's \$\$ \$8

Italian fare.

Northbound

176747 4/18 Wed 11 a.m.-2:30 p.m.

Endolyne Joe's \$-\$ \$8

American classics.

Southbound

176746 5/16 Wed 11 a.m.-2:30 p.m.

Palisades \$\$\$ \$8

Northwest cuisine.

Southbound

176748 6/13 Wed 11 a.m.-2:30 p.m.



SPECIAL EVENTS

Beginning Juggling

\$10

Join us for this fun class in which everyone will succeed! Juggling may seem impossible to most, but Randy will break this down into easy steps to build your skills. Learn about various types of juggling. Some are done individually and others in pairs. Most juggling exercises are quite simple. Give it a try, you might be a big hit at the next party!

176628 4/12-5/17 Thu 1-2 p.m. Bitter Lake



Want to try something new this spring? How about juggling!
Photo courtesy of Dick Curtiss.

Downsizing a Lifetime of Belongings

\$35

Are you overwhelmed by the thought of determining the fate of your excess belongings? Not sure where to begin and what to do next? This workshop will teach you how to lay a solid foundation to ensure your success, how to efficiently traverse the complex terrain of downsizing, make intelligent decisions without regret, and manage emotions while going through everything you own. We will cover the nitty gritty of sorting, how to decide who gets what and whether to donate, sell, or toss the rest. 3 sessions.

TBD 5/17-5/31 Thu 10:30 a.m.-Noon Bitter Lake

Workshop:

\$35

Mind and Body Vitality in Any Season

Invite joy, energy, and serenity with short mindfulness practices that are easy to incorporate into your everyday life. Find out how mindful breathing, movement, walking, and even eating bring you back to the brilliance of the moment. Each session includes attentive walking along Green Lake to indulge the sights and sensations around us. Each participant will create a personal program of practices to fit their daily schedule. Instructor: Andrea D'Asaro of Awaken to Mindfulness.

176759 6/1-6/15 Fri 9:30-11 a.m. Green Lake

SOCIAL PROGRAMS

Games

Drop-In Bridge

Free

Enjoy a game of bridge.

Wed 9 a.m.-Noon
Thu 1:30-4:30 p.m.

Magnolia
Bitter Lake

Movies

Lunch and a Movie at Loyal Heights

\$8/each

Enjoy movies as they were meant to be seen—on the big screen! A scrumptious lunch is provided! Advance registration required. Max 16.

Age of Adaline

PG-13 | 1h 52min | Drama, Fantasy, Romance

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

176709 4/12 Thu 11:30 a.m.-2 p.m. Loyal Heights

Going in Style

PG-13 | 1h 36min | Comedy, Crime

Desperate to pay the bills and come through for their loved ones, three lifelong pals (Morgan Freeman, Michael Cain, Alan Arkin) risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

176710 5/10 Thu 11:30 a.m.-2 p.m. Loyal Heights

La La Land

PG-13 | 2h 8min | Comedy, Drama, Music

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.

176711 6/7 Thu 11:30 a.m.-2 p.m. Loyal Heights

ARTS AND HANDWORK

Drop-In Adult Watercolor Free
Bring your supplies and join others to create your own project. Each week a new still-life will be displayed.

Fri 11a.m.-3 p.m. Loyal Heights

Watercolor \$85
Bring your paints, brushes, and joy of painting. A demonstration taught after each lesson with instruction. All skill levels welcome. Instructor: S Kahler.

176798 4/9-6/11 Mon 9:30 a.m.-12:30 p.m. Magnolia
176797 4/12-6/14 Thu 11:30 a.m.-2:30 p.m. Green Lake



Join the fun in a watercolor class!

LIFELONG LEARNING

Meditation Free
Learn how to meditate, calm your mind, open your heart, and empower yourself. Join Mari Chin in this class designed for everyone wanting to bring peace and happiness into their lives. All are welcome.

Session 1: 4/6-4/27
176751 Fri 1:30-2:30 p.m. Bitter Lake

Session 2: 5/4-5/25
176752 Fri 1:30-2:30 p.m. Bitter Lake

Stroke Awareness/Hands-Only CPR Free
Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

176638 4/17 Tue 10-11 a.m. Green Lake
176639 5/17 Thu 10:30-11:30 a.m. Bitter Lake

VOLUNTEER

Helping Hands Food Lifeline Free
Help feed the hungry. We spend two hours of simple, non-strenuous work re-packing food. *Bring your lunch for afterwards. Wear closed-toe shoes.*

*Pickups: Bitter Lake at 8:30 a.m., Ballard at 8:50 a.m.
Please call 206-233-7138 with your pickup site.*

176700 4/17 Tue 8:50 a.m.-1:30 p.m. South Park
176701 5/15 Tue 8:50 a.m.-1:30 p.m. South Park
176702 6/12 Tue 8:50 a.m.-1:30 p.m. South Park

DROP-IN SPORTS

NEW Drop-In Basketball Free
Tue 1-3:30 p.m. Magnolia

Drop-In Pickleball Free
Mon 11 a.m.-1 p.m. Magnolia
Tue 9:30-11:30 a.m. Ballard
Tue 6-8:45 p.m. (begins 4/3) Green Lake
T/F 10:30 a.m.-1 p.m. Bitter Lake
Wed 6:30-8:30 p.m. (½ gym) Ballard
Fri Noon-2:30 p.m. Loyal Heights
Sat 11 a.m.-2 p.m. (all ages) Green Lake

Pickleball Skills \$25
Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

176770* Fri 10:30 a.m.-Noon Loyal Hts M Anderson

NEW Drop-In Table Tennis Free
Wed 10 a.m.-1 p.m. Green Lake
Fri 6-9 p.m. Green Lake

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$45

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

176626	Tue	9:30-10:30 a.m.	Magnolia	S Dutro
176625	Thu	9:30-10:30 a.m.	Magnolia	S Dutro

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion. Wednesday's class has an extra 15 minutes for strength training. *Classes run 4/2-6/22.*

176650	Mon	8-9 a.m.	Magnolia	K Adolphsen	\$45
176652	Wed	9-10:15 a.m.	Magnolia	K Adolphsen	\$61
176648	Fri	8-9 a.m.	Magnolia	K Adolphsen	\$49

Juicy Joints Aerobics - Intermediate \$45

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! Toning second half includes free weights and exercise for injury prevention.

176704*	Tue	9:05-10:05 a.m.	Bitter Lake	J Rayor
176705*	Thu	9:05-10:05 a.m.	Bitter Lake	J Rayor

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

176706*	Mon	Noon-1 p.m.	Bitter Lake	M Chen	\$41
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Advanced-Beginner

176707*	Mon	10-10:45 a.m.	Bitter Lake	M Chen	\$31
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Intermediate

176708*	Mon	10:45-11:45 a.m.	Bitter Lake	M Chen	\$41
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Zumba® Gold \$45

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

176800*	Tue	10:30-11:30 a.m.	Loyal Heights	TBD
176802	Wed	10:30-11:30 a.m.	Magnolia	M Jorgensen
176801*	Thu	9:30-10:30 a.m.	Loyal Heights	TBD
176799	Fri	10:30-11:30 a.m.	Magnolia	M Jorgensen

Strength and Conditioning

Body Conditioning \$45

Build total body muscle strength utilizing dynabands, free weights, and fitness balls.

176630*	Tue	10:50-11:50 a.m.	Bitter Lake	G Keeble
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Chair Strength and Tone \$41

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

176631*	Mon	1:30-2:15 p.m.	Bitter Lake	D Dragovich
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Circuit Training \$45

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

176636*	Tue	9:30-10:30 a.m.	Loyal Heights	R Buyce
176637*	Wed	9:30-10:30 a.m.	Loyal Heights	R Buyce
176634*	Thu	9:30-10:30 a.m.	Loyal Heights	R Buyce
176633*	Fri	10-11 a.m.	Bitter Lake	R Buyce



Line dance really gets your legs moving!

*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

FITNESS CLASSES

Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter. Classes run 4/2-6/29.*

176643	Mon	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$49
176644	Wed	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$53
176641	Fri	12:30-1:30 p.m.	Magnolia	K Adolphsen	\$53

SAIL - \$45

Stay Active and Independent for Life

Improve your strength and balance with the SAIL program. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. Exercises can be done seated or standing.

176788	Tue	11:30 a.m.-12:30 p.m.	Ballard	S Dutro
176789	Thu	11:30 a.m.-12:30 p.m.	Ballard	S Dutro

Strength and Balance Circuit Training \$45

Improve strength and balance through metabolic training exercises with short rest periods. Modifications will be provided to accommodate joint-challenged and beginners. Please bring a towel.

176790	Tue	Noon-12:45 p.m.	Green Lake	M Velasco
176791	Thu	Noon-12:45 p.m.	Green Lake	M Velasco



Tai Chi and Qigong

Tai Chi \$45

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

All Levels

176794	Wed	11:30 a.m.-12:30 p.m.	Green Lake	E Baxa
176793*	Fri	11:30 a.m.-12:20 p.m.	Loyal Heights	C Tan

Qigong: Meditative Movement and Energy Cultivation \$29

Experience the happy-making, self-healing movements of Sheng Zhen Qigong (pronounced "shung jen chee kung"). This is a restorative, medical qigong that blends an ancient tradition with gentle, meditative movements while seated on a chair. You will learn to synchronize breath, posture, and intention to clear, energize, and balance your qi (vital life-force energy). Qigong can improve your state of overall well-being physically, mentally, and emotionally. No experience is required for this class. All movements can be modified to meet the needs of each person's physical needs. *Class runs 4/4-5/16.*

176787	Wed	Noon-1 p.m.	Bitter Lake	R Gould
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Qigong-Shibashi \$45

A simple, easy to learn system, with graceful, flowing movements. It enhances circulation and respiration and helps balance the forces of 'yin' and 'yang'. The 18 movements are easy to learn and highly effective.

176786*	Fri	12:30-1:20 p.m.	Loyal Heights	C Tan
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Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

Gentle Yoga

176663*	Mon	10-11 a.m.	Loyal Heights	J Steidl	\$45
176698	Mon	10:15-11:15 a.m.	Green Lake	S Dwyer	\$45
176697	Mon	11:30 a.m.-12:30 p.m.	Green Lake	S Dwyer	\$45
176699*	Wed	9:30-10:30 a.m.	Bitter Lake	H Mair	\$50
176660*	Fri	10:15-11:15 a.m.	Loyal Heights	J Green	\$50

Vini Yoga

No class Wednesday 4/11.

176795	Wed	10:30-11:30 a.m.	Ballard	A Mason	\$45
176796	Fri	9:15-10:15 a.m.	Magnolia	L Dunbar	\$50

Pilates \$41

Stabilize and strengthen your core and back, while improving your flexibility and posture.

176783*	Mon	11:30 a.m.-12:30 p.m.	Loyal Heights	D Dragovich
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*



Robin Brannman
Northeast
Recreation Specialist

206-386-9106 / cell 206-300-2043
 robin.branman@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Pickup Request:

Following trip registration, contact Robin at 206-386-9106 to request your pickup location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

PICKUP SITES AND TIMES FOR TRIPS

Magnuson Brig

(Bldg 406) 6344 NE 74th St.
 Pickup 30 minutes before time listed.

Meadowbrook Community Center

10517 35th Ave. NE
 Pickup 15 minutes before time listed.

Northgate Mall *Note location!*

Elevators near Nordstrom Rack, at parking lot level. Pickup at time listed.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 19 for events and 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Birding on Spencer Island \$15
 Spencer Island is one of the best places in the Snohomish River Estuary to view waterfowl and shorebirds. The trail is rated as moderate and is accessible year-round. *Lunch on own nearby.*

176527 4/9 Mon 10 a.m.-2:30 p.m.

Lunch and Gardens at South Seattle College \$12
 Lunch at the highly regarded Culinary Arts Program at SCC. Then enjoy a guided tour of the Seattle Chinese Garden, and a walk through the Arboretum.

176526 4/12 Thu 10 a.m.-2:30 p.m.

Walk at UW Center for Urban Horticulture \$8
 Guided exploration of the UW Center for Urban Horticulture, Yesler Swamp, and Union Bay Natural Area (UBNA). Paths are fairly level, not paved. *Lunch at University Village on your own.*

176530 4/16 Mon 10 a.m.-2:30 p.m.

IslandWood Tour \$25
 IslandWood is an outdoor environmental learning center on Bainbridge Island. Learn about the educational programming for children, and the sustainable elements of the buildings. During this walkabout tour, you'll experience IslandWood's bog, cattail marsh, pond, ravine, and forest. *Lunch on own nearby.*

176529 4/23 Mon 8:45 a.m.-3:30 p.m.

FIELD TRIPS

Klondike Museum and Seattle Underground Tour \$23

Trip includes a tour of Seattle Underground and a visit to our tiniest national park, located in Pioneer Square, the Klondike Gold Rush National Historic Park and Museum. *Lunch on own nearby. The Underground Tour includes 1 hour of walking and 9 flights of stairs.*

176531 5/14 Mon 10 a.m.-3 p.m.

Discover Discovery Park \$8

Join Tom Palm, a volunteer in Discovery Park for 20 years, on a 1.5 hour (~3M) walk around the upper half of the park. The walk will be moderate pace with a small bit of up and down, and will cover the history of Discovery Park. During the walk, Tom will also comment on the flora and fauna of the Park and restoration efforts over the years. *Bring a sack lunch.*

176533 5/21 Mon 10 a.m.-2:30 p.m.

Vashon Island Sheepdog Classic \$25 + Fee

A sheepdog herding event is a competitive dog sport in which herding dogs move sheep around a field, fences, gates, or enclosures as directed by their handlers. There is also a host of other entertainment going on throughout the day. *Bring cash and \$10 admission.*

176535 6/8 Fri 9:30 a.m.-3:30 p.m.

Horseback Riding and Truck Stop Lunch \$20 + Fee

Horseback riding at Lang Farm in Mt. Vernon. *Bring \$30 for trail ride. Lunch at Donna's Truck Stop, on your own.*

176537 6/11 Mon 9:30 a.m.-3:30 p.m.



Come horseback riding in Mount Vernon with us! Photo courtesy of Raphael Wicker.

NATURE WALKS

Barn Owls \$15 Suggested Donation

Barn Owls are some of the most fascinating birds that live in Magnuson Park, and we are fortunate to have nesting pairs who have raised owlets in the Historic District for many years. Come see "who" has been born in our nesting boxes this spring! This walk is on level sidewalks and geared for beginner and intermediate birders. Be prepared for 1/2 mile of walking, and please let us know if you want to borrow binoculars when you register. *Please consider a \$15 donation to Magnuson Children's Garden.*

Meet in front of Magnuson Community Center, 7110 62nd Ave. NE. See the Magnuson Park map at <http://www.seattle.gov/parks/magnuson/maps.htm>.

Leader: Emily Bishton, Naturalist and Master Birder

176642 5/23 Wed 8-10 p.m. Magnuson

Grandchild and Me Wetlands Walk \$15 Suggested Donation

Celebrate summer by bringing your grandchild to Magnuson Park for a nature walk! We'll keep a child-friendly pace as we walk the Magnuson Wetland trails from the lakeshore "upstream" to the Central ponds. We'll look for "Animal Signs" all along the walk, and help kids and adults spot all the ducks, songbirds, tree frogs, and much more! *Please consider a \$15 donation to Magnuson Children's Garden.*

Meet at the sidewalk right next to the Boat Launch, just north of the E-2 parking lot on Lakeshore Drive. See the Magnuson Park map at <http://www.seattle.gov/parks/magnuson/maps.htm>.

Leader: Emily Bishton, Naturalist and Master Birder

176640 6/27 Wed 10 a.m.-Noon Magnuson

SPECIAL EVENTS

Scholarship Event Free

Bring copies of income verification, and apply on-site. Approval now will allow you to register for summer classes at a reduced fee of up to 80% off of registration fees.

4/18 Wed 5-6:30 p.m. Rav-Eck

SPECIAL EVENTS

Traditional Simple Indian Food Free

Learn how to prepare healthy, simple, traditional Indian dishes. Examples you may learn to cook include curry, fried rice, papadum, naan, samosas, and rice.

178523 4/4, 5/12, 6/9 Sat 10:30 a.m.-Noon Meadowbrook

Thai Spring Rolls \$30

We will make yummy Thai spring rolls.

176505 6/7 Thu 11:30 a.m.-1:30 p.m. Northgate

Story Telling

Stories with Larry Free

Larry tells gripping tales from memory, stories with an edge, compelling works of fiction written by accomplished authors. He has performed at the Northwest Folklife Festival in Seattle, and the Forest Storytelling Festival in Port Angeles.

176690 4/21 Sat 1-2 p.m. Meadowbrook

176691 6/9 Sat 3-4 p.m. Magnuson

Thrilling Tales with David Wright Free

Sit back, relax, and escape from the everyday as we bring you gripping short stories expertly read and well-calculated to keep you in suspense!

176689 5/23 Wed 1-2 p.m. Rav-Eck

Movies

Silver Screeners Cinema Club Free

Silver Screeners Cinema Club is a free senior outreach program presented by Scarecrow Video in partnership with Lifelong Recreation. Scarecrow's movie experts will lead post-film discussions. Please register.

Northgate: Tuesday 2-4:30 p.m.

176683 4/10 *Steamboat Bill Jr*

176684 5/8 *42nd Street*

176685 6/12 *Destry Rides Again*

Ravenna-Eckstein: Wednesday 1-3:30 p.m.

176688 4/18 *Steamboat Bill Jr*

176687 5/16 *42nd Street*

Magnuson: Thursday 2-4:30 p.m.

176679 4/5 *Steamboat Bill Jr*

176681 5/3 *42nd Street*

176682 6/7 *Destry Rides Again*

SOCIAL PROGRAMS

Book Clubs

Laurelhurst Book Club Free

Meets the third Wednesday each month. Pick up the latest book at Laurelhurst CC. Meets: 4/18, 5/16, and 6/20.

176601 Wed 1-2 p.m. Laurelhurst

Meadowbrook Book Club Free

Meets the third Thursday each month. Pick up the latest book at Meadowbrook CC. Meets: 4/19, 5/17, and 6/21.

176624 Thu 11 a.m.-Noon Meadowbrook

ARTS AND HANDWORK

Painting in Community \$30

Join others to paint in any water medium, using your own supplies.

176649 Tue 10 a.m.-Noon Mag Brig

NEW Let's Make Art \$50

Explore how to express yourself through watercolor, acrylic, pastel, and collage. Learn to take risks in a warm, supportive atmosphere. Instructor: Susan Moffitt.

176603 Thu 10:30-11:30 a.m. Mag Brig

NEW Oil Painting \$100

Paint in a welcoming atmosphere with other dedicated, working artists. Class critique is given for guidance and support. View and promote class work at www.brigstudioartists.com. A \$5 materials fee is due to instructor on first day of class. Instructor: S. Pope.

176503 4/6-5/4 Fri 10 a.m.-2 p.m. Mag Brig

176504 5/11-6/8 Fri 10 a.m.-2 p.m. Mag Brig

NEW Seattle Parks Sketchers \$12/3 sessions

Explore outdoor sketching using pencil, pen, and watercolor. All levels welcome. *Supply starter set included in fee. Meets 2nd Thursday of each month: 4/12 at Meridian Park, 5/10 at Maple Leaf Park, and 6/14 at Arboretum, Pacific Connections Shelter.*

Group Leader: Kathy Whitman.

179343 Thu 1-2:30 p.m. Varies

NEW Printmaking: Grandchild and Me \$50

Enjoy working on new styles of printmaking, solo or with your grandchild, age 6 and up. Non-toxic materials and non-sharp tools used. Instructor: Susan Moffitt.

176662 5/1-5/22 Thu 4-5:15 p.m. Northgate

NEW Art Sampler \$50

Explore one a week: watercolors, pastels, sumi-e ink, and collage, in a welcoming and supportive atmosphere! Instructor: Cynthia Yatchman.

176499 5/4-5/25 Fri 1-2:30 p.m. Rav-Eck

LIFELONG LEARNING

Medicare 101 Free
Learn Medicare basics, the different premiums and copays in the "Medicare and YOU" handbook, and discover how to spend less on healthcare while having more fun! *Meets 2nd and 4th Wednesday of each month.* Instructor: J. Yragui.

176627 Wed 11 a.m.-1 p.m. Northgate

Write Your Life Story \$15
Small group, warm fellowship, and comfortable environment to let your creative juices flow!

176725 Mon 10 a.m.-Noon Meadowbrook

Creative Writing
Learn specific and easy creative writing techniques while writing memoir sections of your life. Instructor: Annette Peizer. *No class Friday 4/20.*

176508 Wed 10:15-11:15 a.m. Magnuson \$45
176507 Fri 1:30-2:30 p.m. Northgate \$41

NEW Meditation Free
Learn how to meditate, calm your mind, open your heart, and empower yourself. Instructor: Mari Chin.

176629 4/4-4/25 Wed 10-11:30 a.m. Meadowbrook
176632 5/2-5/23 Wed 10-11:30 a.m. Meadowbrook

Fake News Free
Learn about net neutrality and how to identify fake news. Taught by Seattle Public Library staff.

176524 4/11 Wed 2-3 p.m. NE Library

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and rules of the road. *Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.*

176490 4/16-4/17 Mon, Tue 9:30 a.m.-1:30 p.m. Meadowbrook
176491 4/28, 5/5 Sat 9:30 a.m.-1:30 p.m. Meadowbrook
176492 6/11-6/12 Mon, Tue 9:30 a.m.-1:30 p.m. Meadowbrook

Rideshare and Transit Apps Free
Learn about rideshare and transit apps (e.g. Uber, Car2Go). Instructor: Northgate Adult Librarian, Eric Grob.

176721 4/17 Tue 4:30-5:30 p.m. Meadowbrook

Emergency Preparedness Free
Join your neighbors for this informative presentation by the Office of Emergency Management.

176509 4/25 Wed 1-2:30 p.m. Rav-Eck

Stroke Awareness/Hands-Only CPR Free
Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

179812 4/9 Mon 5-6:30 p.m. Northgate
176506 5/2 Wed 2-3 p.m. Magnuson Bldg 30

Book Talk Free
Northgate Adult Librarian, Eric Grob, will share and discuss a variety of current books, as well as Seattle Reads.

176502 5/9 Wed 1-2 p.m. Rav-Eck

Seattle READS with Yaa Gyasi Free
Author Yaa Gyasi will discuss her novel, "Homegoing", the selection for the 20th Anniversary of Seattle Reads.

TBD 5/17 Thu 1-3 p.m. Rav-Eck



Learn about Seattle READS, and more, in Book Talk. Photo courtesy of Bruce Dixon.

VOLUNTEER

Be involved in your community! Tutor at Northgate Elementary School. For more information contact Robin at 206-386-9106, or robin.branman@seattle.gov.

SPORTS

Drop-In Sports

Drop-In Pickleball Free

All Levels

M/W 10 a.m.-1 p.m. Rav-Eck
M/F 11 a.m.-2 p.m. Northgate
T/Th Noon-2 p.m. Meadowbrook
Th 9 a.m.- Noon Magnuson

Intermediate/Advanced

Fri 11:30 a.m.-2 p.m. Rav-Eck

Advanced

T/Th 10 a.m.-Noon Meadowbrook

Note: Subject to change during public school breaks.

Frisbee Disc Skills

Frisbee Fun \$25

In the first session you will learn and refine your frisbee skills. In the second, you will take what you have learned outside. Instructor: Mike Galloupe.

176543 4/7-4/28 Sat 11 a.m.-Noon Magnuson Gym
176544 5/5-6/9 Sat 11 a.m.-Noon Mag Brig

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$37

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing. *No class 4/16.*

176675 Mon 11 a.m.-Noon Northgate Mish Mish

Line Dance \$45

Work out your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

176607 Wed 12:30-1:30 p.m. Mag Brig L Reese

176608 Thu 6:45-7:45 p.m. Mag Brig DHunsaker

Advanced-Beginner

176605 Tue 6:30-7:30 p.m. Mag Brig DHunsaker

176604 Fri 10-11 a.m. Rav-Eck DHunsaker

Intermediate

176609 Wed 10-11 a.m. Mag Brig L Reese

Intermediate-Advanced

176611 Wed 11:15 a.m.-12:15 p.m. Mag Brig L Reese

Nia \$50

Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

Session 1: 4/6-5/4

176645 Fri 10-11 a.m. Meadowbrook N Scher

Session 2: 5/18-6/15

176646 Fri 10-11 a.m. Meadowbrook N Scher

NEW Nia Moving to Heal \$55

Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

176635 Fri 11:15 a.m.-12:15 p.m. Meadowbrook N Scher

NEW Walk to Run \$55/1-day a week

\$100/2-days a week

Transition from walking to running. Learn about proper walking/running biomechanics, goal setting, injury prevention, running-specific strength training, and pacing.

176722 Tue 6-7 p.m. Mag Brig J Higgins

179352 Sat 8-9 a.m. Nathan Hale Track J Higgins

World Beat Dance Aerobics

Get fit and have fun while you exercise to music from around the world combining aerobics with movements inspired by flamenco, belly dance, Bollywood, line dance, and popular Latin moves. *No class Thursday 4/19.*

176723 Wed 10:30-11:30 a.m. Meadowbrook Mish Mish \$50

176724 Thu 10:30-11:30 a.m. Northgate Mish Mish \$45

Strength and Conditioning

Body Conditioning

Build total body muscle strength using dynabands, free weights, and fitness balls.

176500 Mon 9-10 a.m. Rav-Eck C Lorenz \$50

176501 Wed 9-10 a.m. Rav-Eck C Lorenz \$55

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter.*

176515 Mon 9-10 a.m. Lake City Mish Mish \$41

176511 Tue 8-9 a.m. Mag Brig J Shearer \$45

176512 Tue 9-10 a.m. Mag Brig J Shearer \$45

176518 Tue 1:30-2:30 p.m. Northgate S Moffitt \$1*

176516 Wed 9-10 a.m. Lake City C House \$45

176520 Wed 1:30-2:30 p.m. Northgate S Moffitt \$1*

176513 Thu 9-10 a.m. Mag Brig J Shearer \$45

176519 Thu 1:30-2:30 p.m. Northgate S Moffitt \$1*

176514 Fri 9-10 a.m. Lake City C House \$45

176510 Fri 9-10 a.m. Mag Brig Mish Mish \$45

***Discount:** As a result of the generous support of the Northgate Advisory Council we are able to offer three new EnhanceFitness classes at Northgate CC for only \$1 per series for this spring quarter. *No class 4/17-19 at Northgate.*

Exercise to Improve Balance \$50

This exercise program will help you regain and improve your balance by working on core strength and routines which will support your balance for life.

176522 Mon 10:30-11:20 a.m. Meadowbrook C Lorenz

FITNESS CLASSES

Fit Plus \$50

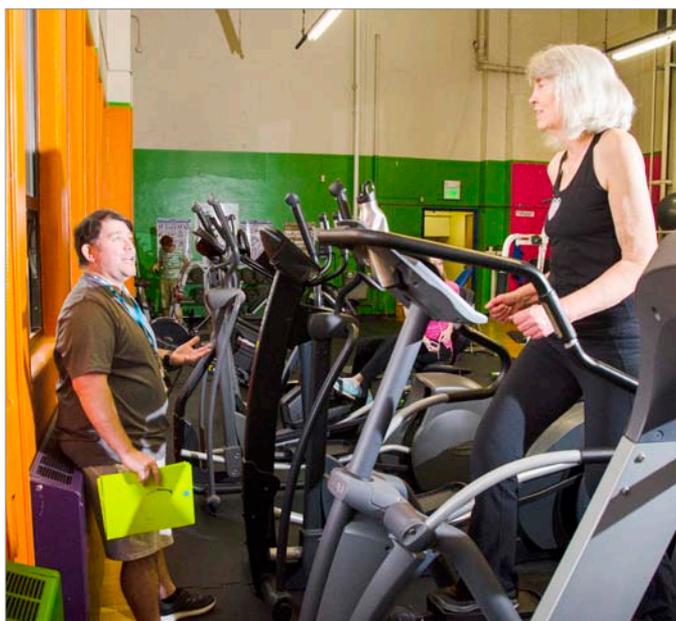
Stretch your boundaries and work a little harder to improve your overall fitness using cardiovascular and strength training exercises.

176538 Thu 8-9 a.m. Mag Brig J Shearer

Fitness Room Foundation + More \$50

Whether you've been working out for years, or have never been in a fitness room, this class will help you exercise with confidence. Strength training, cardiovascular fitness, weight management, balance, and flexibility will be covered. *No class 4/17.*

176539 Tue 11:30 a.m.-12:30 p.m. Northgate R Buyce



Work out with equipment in a fitness class this spring!

Fun FIT! \$55

This FUNdamental FITness class will increase strength, decrease body fat, and improve overall conditioning. We will focus on essentials: cardio, strength training, and a proper cool down which includes stretching.

176583 Tue 6-7 p.m. Meadowbrook M Tuliao
176584 Thu 6-7 p.m. Meadowbrook M Tuliao

Strength and Conditioning \$55

Build strength, flexibility, balance, and achieve better overall conditioning.

176715 Fri 7:45-8:45 a.m. Laurelhurst J Shearer

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. *No class Monday 4/16.*

All Levels

176718 Tue Noon-1 p.m. Laurelhurst R Friedman \$45
176719 Wed 5:30-6:30 p.m. Meadowbrook E Baxa \$45
176720 Thu 1-2 p.m. Meadowbrook A Ross \$45

Beginner/Wu

176716 Mon 1-2 p.m. Northgate J Proebstel \$37

Intermediate/Wu

176717 Mon 2-3 p.m. Northgate J Proebstel \$37

Tai Chi and Qigong

Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative qigong moves along with beginning steps of the original tai chi. *No class Friday 4/20.*

176665 Wed 11:30 a.m.-12:30 p.m. Magnuson A Peizer \$45
176664 Fri 2:45-3:45 p.m. Northgate A Peizer \$41

Yoga and Pilates

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *No class Tuesday 4/17 and Friday 4/20 at Northgate.*

176588 Mon 9-10 a.m. Meadowbrook H Mair \$45
176587 Tue 8-9 a.m. Laurelhurst J Robin \$50
176591 Tue 10-11 a.m. Mag Brig J Robin \$50
176597 Tue 10:15-11:15 a.m. Northgate F Marazzi \$45
176590 Wed 9-10 a.m. Meadowbrook J Robin \$50
176594 Thu 9:30-10:30 a.m. Magnuson J Robin \$50
176595 Thu 5:30-6:30 p.m. Magnuson H Mair \$50
176598 Fri 9:45-10:45 a.m. Rav-Eck J Robin \$50
176596 Fri 12:15-1:15 p.m. Northgate L Jilk \$45
176589 Sat 9-10 a.m. Meadowbrook H Mair \$50

Pilates

Stabilize and strengthen your core and back, while improving your flexibility and posture. *No class Wednesday 4/18.*

176658 Tue 11:30 a.m.-12:30 p.m. Rav-Eck D Dragovich \$50
176655 Wed 11:30 a.m.-12:30 p.m. Northgate D Dragovich \$45
177005 Thu 11:30 a.m.-12:30 p.m. Mag Brig D Dragovich \$50



Sarah Demas
Central
Recreation Specialist

206-684-4240 / cell 206-450-9522
sarah.demas@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Pickup Request:

Following trip registration, call 206-684-4240 to request your pickup location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

PICKUP SITES AND TIMES FOR TRIPS

CENTRAL WEST TRIPS (CW)

Queen Anne CC-1901-1st Ave. W
Northbound: pickup is at time listed.

Southbound: pickup is 15 minutes before time listed.

Belltown CC-415 Bell St.
Northbound: pickup is 15 minutes before time listed.

Southbound: pickup time is at time listed.

CENTRAL EAST TRIPS (CE)

International District CC-719 8th Ave. S
Northbound: pickup is 30 minutes before time listed:

Southbound: Pickup is at time listed.

Garfield CC-2323 E Cherry St.

Northbound: pickup is 15 minutes before time listed.

Southbound: pickup is 15 minutes before time listed.

Miller CC-330 19th Ave. E

Northbound: pickup is at time listed.

Southbound: pickup is 30 minutes before time listed.

Central Senior Center-500 30th Ave. S
You will be called with your pickup time.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

DISCOUNTS

Discounts are available for specific programs, and will be indicated with "Discount" where applicable.

GENERATIONS AGING WITH PRIDE

We are working in partnership with "Generations Aging with Pride" (visit <http://gapseattle.org/>), a non-profit organization providing services for LGBTQ older adults and their families. Classes are noted by rainbow colors on the class number line.

HIKES

Difficulty level is indicated by number of boots; please see rating chart on pg 42.

Victoria BC Overnight



Enjoy 3 days and 2 nights in beautiful Victoria BC! Ride the Clipper, stay at historic Huntingdon Manor, tour Butchart Gardens, ride a double-decker motor coach, have afternoon tea at the Fairmont Empress, and more!

Dates: 6/22-6/24. See page 37 for details.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Skagit Valley Tulip Festival CE \$25 + Fee
Spring's arrival is triumphantly announced by acre after acre of blooms! Take in the sights and colorful displays of Skagit Valley growers at the annual Tulip Festival. *Please bring \$7 cash for admission to Rozangaarde. Lunch out on your own following*
Northbound Garfield, IDCC, Miller, and Central Area Senior Center pickups.

176541 4/13 Fri 9 a.m.-4 p.m.

Puyallup Spring Fair CE \$17 + Fee
It's springtime at The Fair! Cute animals, farm displays, music, shopping, games of chance, thrill rides and tasty snacks—the fair has something for everyone! \$12 admission and lunch on your own.
Southbound Garfield, IDCC, Miller, and Central Area Senior Center pickups.

176542 4/20 Fri 9 a.m.-3 p.m.

Thrifting Treasure Hunt CW \$15
Doing some spring cleaning? Bring your extra items to donate, and hopefully find some new treasures to take home. We're heading to the eastside to visit a couple of thrift shops and see what we can find. *Lunch out on your own.*

Southbound Belltown and Queen Anne pickups.

176545 4/27 Fri 9 a.m.-3 p.m.

Plants and Papers CE \$15
We will start our day at Molbak's Nursery with time to wander through displays and pursue spring plants, then head to the Seattle Times building for a tour and an insider peek at their printing operation. *Lunch out and any garden purchases on your own.*

Northbound Garfield, IDCC, Miller, and Central Area Senior Center pickups.

176546 5/2 Wed 9 a.m.-3 p.m.

Tulalip Casino and Outlet Mall CE \$15
Feeling lucky? Try a game of chance at the Tulalip Casino, or hunt for bargains at the outlet stores next door. *Lunch and any purchases on your own. No scholarships or subsidies for this trip.*

Northbound Garfield, IDCC, Miller, and Central Area Senior Center pickups.

176547 5/4 Fri 9:30 a.m.-3 p.m.

Rhodys and Bonsai CW \$16 + Fee
Let's head down to Federal Way to check out spring blooms at the Rhododendron Species Garden (\$5 senior admission), and the timeless living art of the Pacific Bonsai Museum (admission by donation). *Admissions and lunch out on your own.*

Southbound Belltown and Queen Anne pickups.

176548 5/11 Fri 9 a.m.-2 p.m.

Beach Day at Alki CW \$8
Explore our urban shoreline and enjoy one of the best views of the Seattle skyline while you're at it! We'll spend the day at Alki Beach—rent bicycles or stroll the boardwalk, or bring your water shoes to explore tide pools at the mid-day low tide. Volunteer naturalists from Seattle Aquarium will be onsite with info and to answer questions about your tide pool finds. Bring a picnic or try one of the local restaurants. *Lunch and any purchases on your own.*

Southbound Belltown and Queen Anne pickups.

176549 5/18 Fri 10:30 a.m.-3:30 p.m.

Hike: Wallace Falls CW  \$15
Enjoy a hike at beautiful Wallace Falls, located just off of Highway 2. 4-mile roundtrip with low-to-moderate elevation gain to the lower falls. *Bring a sack lunch to eat along the trail.*

Northbound Belltown and Queen Anne pickups.

176550 6/8 Fri 9 a.m.-3:30 p.m.



Come explore some trails with us!

SOCIAL PROGRAMS

Games

Drop-In Bridge Free
Drop-In play for bridge players.

All Levels Fri 1-4 p.m. Montlake

Intermediate Tue 12:30-3:30 p.m. Queen Anne

Drop-In Mah Jongg Free
Our groups are willing to teach new players! Drop in and play this fun game using Chinese tiles. Stay and play, the more the merrier! Bring your Mah Jongg set if you have one. American-style.

Fri 1:30-4:30 p.m. Queen Anne

Senior Games Free
Come enjoy games and fun every Tuesday and Friday afternoon.

Tue 2:30-5:30 p.m. IDCC

Fri 2:30-5:30 p.m. IDCC

Lunch Programs

Food and Fitness

Enjoy lunch, social, educational, and fitness programs as you celebrate your culture and language. *Please call 206-684-4664 to reserve your meal.*

Korean	Tue/Fri	10 a.m.-Noon	Miller
Vietnamese	Tue/Fri	10 a.m.-1 p.m.	Garfield

Monday Meals \$4 (\$30/8 meals)

Fresh cooked healthy meals most Mondays. First come-first served, after reserved meals are offered. To ensure a meal, make a reservation the Friday before by calling 206-684-4240. Menu subject to change without notice.

Mon	Noon-1 p.m.	Queen Anne
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Movies

Movies at Queen Anne Free

Full list of movies posted at QACC. First choice not always available and subject to change. Popcorn included!

Wed	1:15-3:30 p.m.	Queen Anne
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People have a lot of fun at our Food and Fitness program!

ARTS AND HANDWORK

Crafty Ladies

Drop-In knitting, crochet, needlepoint, or quilting.

Thu 1:30-4 p.m. Queen Anne



Feeling crafty? Come join our Crafty Ladies for some fun.

Drawing and Watercolor \$76

Open to students with no previous experience as well as intermediate skills. Explore and experiment with the use of various mediums, and get individualized attention. Please bring any art materials you may have, except oil paints. Newsprint and charcoal will be provided for the first class only and a supply list will be handed out. Instructor: Susan Schneider.

Discount: Sign up for 2 classes and receive a rate of \$70/class.

176457 4/5-4/26 Thu 10 a.m.-Noon Queen Anne

176458 5/3-5/24 Thu 10 a.m.-Noon Queen Anne

Watercolor for Beginners \$90

Each week's class will cover a different topic designed to expand your understanding of the watercolor medium. Gain confidence with simple exercises that will then be used in a painting. Topics will include: use of the appropriate transparent, opaque, and staining pigments to produce values and colors with impact; the color wheel-how it can help you; mixing luminous grays and neutrals; painting white objects, skies, and clouds. Instructor: Susan Waite.

176571 4/3-5/1 Tue 1-3:30 p.m. Montlake

Watercolor: Playful Skillbuilding \$90

Expand your existing watercolor painting abilities with fun exercises that will be used in later works. Working from life and photos, topics will include creating textures with tricks, design and composition basics, thoughtful edges, and more. Instructor: Susan Waite.

176566 4/4-5/2 Wed 10 a.m.-12:30 p.m. Montlake

176569 4/4-5/2 Wed 1-3:30 p.m. Montlake

Register online at www.seattle.gov/parks

LIFELONG LEARNING

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. *Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.*

176446	4/10	Tue	9 a.m.-5 p.m.	Áegis on Madison
176447	5/15	Tue	9 a.m.-5 p.m.	Áegis on Madison
176448	6/5	Tue	9 a.m.-5 p.m.	Áegis on Madison

ESL for Fun Free
Learning for fun using poems and songs. Gain self-confidence and become your own interpreter and translator. Instructor: W Nguyen.

Tue/Fri 9:30-10:30 a.m. Garfield

Stroke Awareness/Hands-Only CPR Free
Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

177241 5/7 Mon 11 a.m.-Noon Garfield



Try your hand at watercolor in one of our encouraging classes!

DROP-IN SPORTS

Drop-In Pickleball

Free

All Levels

Mon	10:15 a.m.-1:15 p.m.	Miller
Wed	11 a.m.-1 p.m.	Queen Anne
Fri	10 a.m.-Noon	Miller

Intermediate/Advanced

Mon	6-8:45 p.m.	IDCC
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Drop-In Table Tennis

Free

T/F	10:30 a.m.-1:30 p.m.	Garfield*
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*Lunch available on-site at Garfield for \$3.50.

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

176523	Mon	9:30-10:30 a.m.	Queen Anne	\$41
176525	Wed	9:30-10:30 a.m.	Queen Anne	\$45

Drop-In Chinese Dance \$3 (Age 65+ \$2)

Move with grace to traditional Chinese music in this instructor-led class.

Thu	10 a.m.-1 p.m.	IDCC
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Dance for Parkinson's

Free

Explore dance movements in a welcoming environment with Live Music. You will stretch and strengthen muscles, focusing on balance and rhythm. Our professional dancers use thought, imagination, eyes, ears, and touch to control movement while standing or seated. Ideal for those with Parkinson's disease, caregivers, and friends. *Registration with NW Parkinson's Foundation also required at www.nwcpf.org. No class 4/5.*

176456	3/22-5/17	Thu	11 a.m.-12:30 p.m.	Garfield
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Drop-In Line Dance

\$3 (Age 65+ \$2)

Dance, Dance, Dance! Join this low-cost, instructor-led class and learn to dance. No experience or partner needed. Class is taught in Mandarin.

All Levels

Mon	11 a.m.-12:30 p.m.	IDCC
Fri	11 a.m.-12:30 p.m.	IDCC

Line Dance

\$45

Work out with your mind and body. Learn new dance patterns to all kinds of great music. Instructor: C Banta.

All Levels

176517	Thu	6:15-7:15 p.m.	Queen Anne
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Strength and Conditioning

Arthritis Exercise Program

\$45

An exercise program done primarily sitting in chairs and designed for people just beginning an exercise program or who have arthritis. Instructor: S Dwyer-Shick.

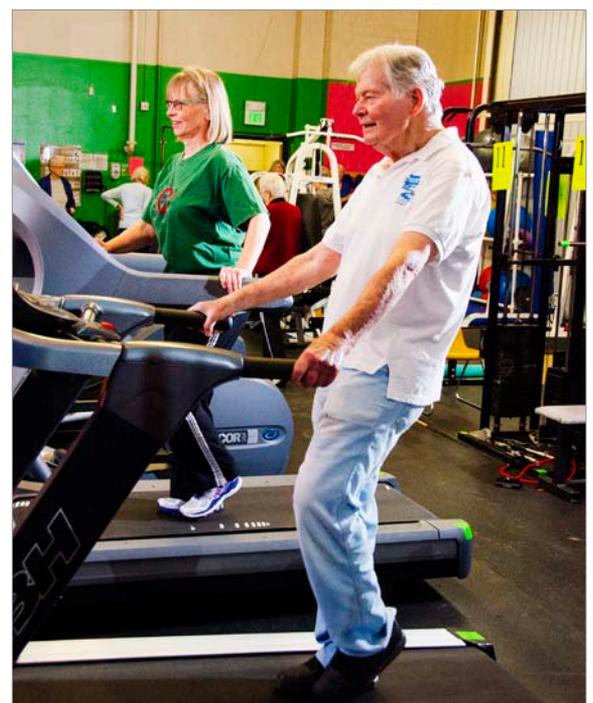
176450	Wed	11:30 a.m.-12:30 p.m.	Queen Anne
176449	Fri	11:30 a.m.-12:30 p.m.	Queen Anne

Circuit Training

\$55

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations. Instructor: C Lorenz.

176454	Tue	9:30-10:30 a.m.	Queen Anne
176455	Tue	10:45-11:45 a.m.	Queen Anne
176452	Thu	9:30-10:30 a.m.	Queen Anne
176453	Thu	10:45-11:45 a.m.	Queen Anne



FITNESS CLASSES

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter.*

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

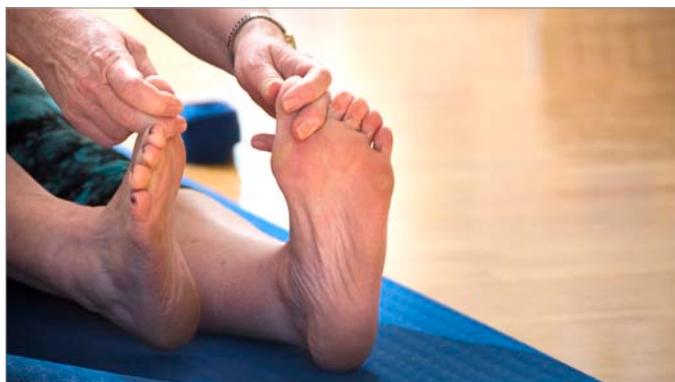
176464	Mon	8-9 a.m.	Kaiser Perm.	C Grekoff	\$41
176465	Mon	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$41
176466	Mon	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$41
176467	Mon	2-3 p.m.	Kaiser Perm.	G Keeble	\$41
176468	Mon	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$41
176472	Tue	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
176473	Tue	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
176474	Tue	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
176476	Wed	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
176475	Wed	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
176477	Wed	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
176478	Wed	2-3 p.m.	Kaiser Perm.	G Keeble	\$45
176479	Wed	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45
176469	Thu	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
176470	Thu	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
176471	Thu	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
176461	Fri	8-9 a.m.	Kaiser Perm.	C Grekoff	\$45
176459	Fri	9:15-10:15 a.m.	Kaiser Perm.	C Grekoff	\$45
176460	Fri	10:30-11:30 a.m.	Kaiser Perm.	C Grekoff	\$45
176462	Fri	2-3 p.m.	Kaiser Perm.	G Keeble	\$45
176463	Fri	3:15-4:15 p.m.	Kaiser Perm.	G Keeble	\$45

Minds in Motion

\$22.75

Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Aegis Living. *Register with Cayce at 206-615-0100.*

176521	Mon	2-3 p.m.	Miller	C Grekoff	
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Register online at www.seattle.gov/parks

Tai Chi

Tai Chi

Improve balance and posture, increase strength, and calm your mind.

All Levels

176536	Mon	11:30 a.m.-12:30 p.m.	Montlake	R Friedman	\$41
176540	Tue	10-11 a.m.	Queen Anne	E Baxa	\$45
177301	Thu	10:30-11:30 a.m.	Miller	E Baxa	\$45

Intermediate

176534	Thu	12:15-1:15 p.m.	Queen Anne	E Baxa	\$45
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"T'ai Chi Chih[®], Joy Through Movement!" \$37

Work through a slow moving meditative routine of 19 moves and 1 pose. These movements circulate and balance the internal energy (Chi) to all the organs, muscles, and bones. Anyone can do it, and chair seated students are welcome. *Class begins 4/9.*

176528	Mon	Noon-1 p.m.	Miller	L Robinson	
176532	Wed	Noon-1 p.m.	Miller	L Robinson	

Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. Chair yoga is adapted for individuals with mobility challenges and is sponsored by Country Doctor Community Health Clinic.

Chair Yoga

Free

176451	Tue	12:30-1:30 p.m.	Miller	J Robin	
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Gentle Yoga

Tues class at Montlake runs 4/10-6/12, Thu class at Garfield runs 4/19-6/14.

176480	Mon	10:30-11:30 a.m.	Miller	J Robin	\$50
176485	Tue	8:15-9:15 a.m.	Montlake	H Karrfalt	\$50
177267	Tue	9:30-10:30 a.m.	Montlake	H Karrfalt	\$50
177320	Tue	1:30-2:30 p.m.	Cal Anderson	L Gardener	\$50
176483	Thu	8:15-9:15 a.m.	Montlake	H Karrfalt	\$55
176481	Thu	9-10 a.m.	Garfield	H Mair	\$45
176484	Thu	9:30-10:30 a.m.	Montlake	H Karrfalt	\$55
179461	Thu	1:30-2:30 p.m.	Cal Anderson	L Gardener	\$50
177258	Fri	10-11 a.m.	Belltown	H Karrfalt	\$55

Gentle Yoga: Drop-In

\$3 (Age 65+ \$2)

Wed	3-4 p.m.	IDCC			
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Hatha Yoga

No class Mon 4/9, no class Wed 4/11.

176486	Mon	10-11 a.m.	Queen Anne	F Marazzi	\$45
176488	Wed	11 a.m.-Noon	Queen Anne	J Reed	\$50

Vini Yoga

176551	Tue	11:30 a.m.-12:30 p.m.	Queen Anne	L Dunbar	\$55
176552	Fri	11 a.m.-Noon	Queen Anne	L Dunbar	\$50

Spring Quarter April 2-June 16

29

RAINBOW RECREATION

Programs for LGBTQ Adults 50+

Seattle Parks and Recreation in partnership with Generations Aging With Pride is offering this slate of programs to our LGBTQ friends and allies as a result of community input.



We are looking for ideas and instructors to strengthen our course offerings to better serve this community! Please call Cheryl at 206-615-0619, or cell 206-450-9819, for more information.

Field Trips

Join us for fun and adventure! Pickup sites are Miller Community Center and Northgate Nordstrom Rack. Call Cheryl at 206-615-0619 for more information.

Tiptoe Through the Tulips \$22

The tulips and daffodils are blooming and spring is in the air! Let's enjoy the color and have lunch in LaConner, lunch and garden fees on your own.

177405 4/5 Thu 10 a.m.-4 p.m.

Bloedel Reserve \$25 + Fee

A ferry across the sound and a tour of the beautiful Bloedel Reserve on Bainbridge Island. *Bring \$10 cash for tour fee, lunch on your own.*

177407 5/24 Thu 10 a.m.-5 p.m.

Mystery Trip \$18

It is always fun to have a few surprises in life. Join us for a day of fun, but you have to trust us!

177708 6/14 Thu 10 a.m.-4 p.m.

All Gender Swim at Medgar Evers

Medgar Evers Pool will be hosting an All Gender Public Swim, **Saturday April 21, from 3-5 p.m.. Entrance is \$2, with reduced fee available**



by request. Our group locker rooms that are typically specified as men's or women's will be gender neutral, and our two smaller family-style changing rooms will still be available for those who want more privacy.

The facility includes two separate pools: a 3-4' deep teaching pool, and a 4-12' deep lap-length pool, both accessible by portable access stairs and ADA lifts. For more facility information please visit <https://www.seattle.gov/parks/find/pools/evers-pool>.

Questions? Contact Courtney Witcher at 206-684-4766, or courtney.witcher@seattle.gov.

Special Events

Hot Topics Free

Drop in for a chance to learn something new and have a great discussion on topics such as estate planning, health care, goal setting, and more. Save the date for these great discussions, watch for our Rainbow Recreation flyer for topics, or call 206-615-0619.

TBD 4/4, 5/2, 6/6 Thu 1-2 p.m. Cal Anderson

Sing-a-Long Musicals Free

Join us at Aegis on Madison in their fabulous theater for tea, treats, and musicals! You bring your voice, we provide the lyric sheets!

Location: 2200 E Madison St.

Hairspray

TBD 4/9 Mon 1-3 p.m.

West Side Story

TBD 5/7 Mon 1-3 p.m.

Education

Writers Workshop \$10

Write for yourself or others. Prompts and examples help get you started in this small, supportive group. People with Early Stage Memory Loss welcome.

TBD 4/23-6/11 Mon 10-11:30 a.m. Miller

Fitness

EnhanceFitness

See page 29 for details. Instructor: G Keeble.

Location: Kaiser Permanente Capitol Hill Building at 125 16th Ave. E, Level B, Fitness Center.

176468 Mon 3:15-4:15 p.m. \$41

176479 Wed 3:15-4:15 p.m. \$45

176463 Fri 3:15-4:15 p.m. \$45

"T'ai Chi Chih®, Joy Through Movement!" \$37

See page 29 for details. Instructor: Linda Robinson.

176528 Mon Noon-1 p.m. Miller

176532 Wed Noon-1 p.m. Miller

Gentle Yoga \$50

Stretch your muscles and gain strength, flexibility, and balance as well as improve relaxation in this gentle yoga class for all fitness levels. Chair seated participants welcome. See page 29 for more information.

Instructor: Laura Gardener.

177320 Tue 1:30-2:30 p.m. Cal Anderson

179461 Thu 1:30-2:30 p.m. Cal Anderson



John Hasslinger
Southwest
Interim Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Pickup Request:

Following trip registration, call 206-935-2162 to request your pickup location. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

PICKUP SITES AND TIMES FOR TRIPS

High Point Community Center

6920 34th Ave. SW

Pickup 15 minutes before time listed.

Hiawatha Community Center

Pickup at time listed on Walnut Ave. SW, east of CC, near parking area between CC and West Seattle High School. Community center address: 2700 California Ave. SW.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

BACK IN MOTION

Our Back in Motion programs provide fitness classes and educational programs for people with chronic pain or new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

HIKES

Difficulty level is indicated by number of boots; please see rating chart on pg 42.

FIELD TRIPS

Trips depart rain or shine. Trips that involve a hike are on varied terrain, and difficulty is marked by hiking boots-see rating chart on page 42. Be prepared for wet or muddy trails with appropriate clothing and footwear. Bring snacks/lunch unless otherwise noted.

Skagit Valley Tulips

\$33

Enjoy a drive through the tulip fields with a stop to explore the display garden at RoozenGaarde, and then *lunch on your own in La Conner*. Tulip bloom time up to Mother Nature. Fee includes admission to the garden.

176809 4/19 Thu 9 a.m.-4 p.m.

Ostrom Mushroom Farm Tour

\$20

The people of the Pacific Northwest eat over thirteen million pounds of Ostrom's mushrooms every year. Learn how the latest technology for compost preparation and pasteurization is used to grow a variety of nutritious mushrooms. *Lunch on your own after the tour.*

176805 4/26 Thu 9 a.m.-3:30 p.m.

Recycling Facility Tour

\$10

Learn where our garbage goes and why it's necessary to be mindful of our consumption and disposal habits. Waiver required to enter facility. *Lunch on your own after the tour.*

176806 5/3 Thu 10:15 a.m.-3 p.m.

UW's Suzzallo Library

\$10

Enjoy a self-guided tour of the library on Red Square to learn about the art, architecture, books, and other treasures. Spend time in the reading room or walk around campus. *Lunch on your own.*

176810 5/10 Thu 10 a.m.-3 p.m.

FIELD TRIPS

Rhododendron Species Garden and Pacific Bonsai Museum \$21

Celebrate spring in the home to one of the largest collections of species rhododendrons in the world, and perhaps get a glimpse of Himalayan Blue Poppies in bloom! You will also have an opportunity to see some of the more than 150 bonsai at the most diverse public collection in North America with trees from Canada, China, Japan, Korea, Taiwan, and the United States. *Admission to the Rhododendron Garden included in fee; Pacific Bonsai Museum admission is by donation.*

176807 5/17 Thu 9:30 a.m.-3 p.m.

Seattle Humane Eastgate Tour \$12

Visit the new adoption center, state-of-the-art shelter, and veterinary teaching hospital that will serve 10,000 orphaned pets every year. *Please bring a donation of food or money for Seattle Humane's Pet Food Bank, which collects and distributes donations of food and supplies for pets belonging to low-income seniors in King County.*

176808 5/31 Thu 10 a.m.-3 p.m.

Chateau Ste. Michelle Winery Tour \$15

Built on the 1912 estate owned by Seattle lumber baron Frederick Stimson, the winery's roots date back to the Repeal of Prohibition. Enjoy a tour and taste. *Lunch on your own.*

176804 6/7 Thu 9:30 a.m.-3:30 p.m.

Weowna Park Hike \$15

Hike through extensive old-growth forest in the Issaquah Alps. Listen for, and perhaps see, abundant bird life, and possibly, wildflowers too. 600 feet elevation gain, 3.5 miles roundtrip. *Bring a packed lunch and other essentials.*

176812 6/14 Thu 10 a.m.-3:30 p.m.

SPECIAL EVENTS

Potluck Free

Share a meal, and your cooking, with others!

176849 6/13 Wed 11:15 a.m.-12:30 p.m. Alki

SOCIAL PROGRAMS

Book Clubs

High Point Book Club Free

Meets the third Thursday of each month: 4/19, 5/17, and 6/21.

176833 Thu 1-2 p.m. High Point

32 Visit us on the web at [http://www.seattle.gov/parks/find/lifelong-recreation-\(50\)](http://www.seattle.gov/parks/find/lifelong-recreation-(50))

Games

Strategy Board Games Free

The best games are both fun and give your brain a workout. Studies link the playing of board games to a decreased incidence of dementia and Alzheimer's! We'll also teach you how to download new games on your computer so you can play when no one is able to join you.

179123 4/18-5/23 Wed 1-2:45 p.m. Delridge



Drop-In Bridge Free

Drop-In play for bridge players.

Mon 9:30 a.m.-Noon Delridge

Mah Jongg

Interest list forming!

Author of "Let's Play Modern American Mah Jongg! A Flipbook Reference Guide" would love to gather a group to teach those new to the game.

Call 206-935-2162 if you would like to play.

ARTS AND HANDWORK

Piano Lessons at High Point \$20/half-hour

No one ever said, "I wish I didn't learn to play the piano". Private piano lessons available at High Point Community Center for ALL ages! Qualified instructor relates to lifelong learners, recognizes the creativity and musical potential in every individual, and honors aspirations both grand and small. *Call High Point at 206-684-7422 for available half-hour timeslots. Scholarships available.*

LIFELONG LEARNING

Stroke Awareness/Hands-Only CPR Free

Learn about hands-only CPR and how to recognize the signs of a stroke. Brought to you by King County EMS.

176850 5/16 Wed 10-11 a.m. South Park

Delridge Rec Tech

Classes below take place at the Delridge Computer Lab. Contact Leslie Howle at 206-684-0364 or leslie.howle@seattle.gov with questions.



Photo courtesy of William Iven.

Painting on the iPad Free

Paint your masterpiece but without the mess! RecTech welcomes a librarian from the Seattle Public Library who will teach you how to use an iPad to paint freehand and alter photographs using Artrage. iPads will be provided for the workshop. First meeting will cover basics, second will cover special effects.

179121 4/2 and 4/9 Mon 1-2:45 p.m. Delridge

iPhone Digital Photography Free

The best camera is the one you have in your pocket, ready to catch the moment! This class will introduce you to the fundamentals of iPhone digital photography. You'll learn how iPhone cameras work, composition, framing and focusing your shots, and how to use the editing menu in your iPhone.

179103 4/4 and 4/11 Wed 1-2:15 p.m. Delridge

Digital Archiving Important Papers Free

Whether fires or floods, if disaster strikes, how quickly could you access a back-up copy of your birth certificate, your will, vehicular title, or other documents? We will discuss how and where to digitize and store your important records in multiple locations.

179093 4/17 Tue 1-2:30 p.m. Delridge

Adobe Photoshop Elements \$20

This class will cover the interface and basic functions of Adobe Photoshop Elements, including: resizing and cropping; adjusting brightness and color; and using tools to edit and enhance images. Bring a memory card or thumb drive with 4 photos on it to the first class.

179091 5/8-5/29 Tue 1-2:30 p.m. Delridge

Make an iMovie on the iPad Free

RecTech welcomes a librarian from the Seattle Public Library who will teach you how to use iMovie to turn the photos or videos you take on your phone into a short film. Learn how to use iMovie and some helpful tips and tricks to give your movie a professional look. iPads will be provided.

179114 5/7 Mon 1-2:45 p.m. Delridge

Turn Memories into Memoirs Free

You'll learn strategies to help you write effectively about key moments in your life. The class will focus on short exercises that will help you organize your thoughts and memories into a powerful memoir. The class meets once a week for four weeks. Your stories will be read and discussed in class.

179132 5/24 and 5/31 Tue 1-2:45 p.m. Delridge

Oral History: Preserving Your Legacy Free

Learn how to create audio recordings of the stories from your life that your family will want preserved for history. We will use NPR style interview prompts to teach you how to use recording equipment to tell stories and create your oral history in your own voice.

179119 6/5 and 6/12 Tue 1-2:45 p.m. Delridge

One-on-One Computer Tutoring Free

Call the RecTech Lab at 206-684-0364 and make an appointment for an hour of afternoon tutoring between 1 and 2:30 p.m.. Focus on what you need to know, whether it's how to use e-mail and the internet, create a budget or chart, or how to set up an account on a social networking site like Facebook. Call 206-684-0364 M-Th afternoons to make an appointment

South Park Rec Tech

Classes below take place at the South Park Computer Lab. Contact Marcel Jones at 206-615-0981 or marcel.jones@seattle.gov with questions.

One-on-One Computer Tutoring Free

Get computer help by appointment every Tuesday and Thursday Noon-2 p.m.. Focus on basic internet use, creating email, using the internet safely, budgeting, or social media as well as computer troubleshooting.

DROP-IN SPORTS

Drop-In Pickleball

All Levels

M/W	9:30-11:30 a.m.
M/W/F	10 a.m.-12:30 a.m.
T/Th	Noon-2 p.m.
Wed	9:30-Noon
Wed	6-8 p.m. (starts 4/4)
Fri	9:30 a.m.-Noon
Fri	10 a.m.-Noon

Free

Delridge
South Park
Delridge
High Point
Delridge
High Point
Hiawatha

Pickleball Skills

\$20

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players. Instructor: M Anderson. *No class 4/9.*

176848 Mon 11 a.m.-12:30 p.m.

High Point

Drop-In Volleyball

Free

T/Th 10 a.m.-Noon

Delridge

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

NEW Advanced Beginner at Hiawatha.

All Levels

176836	Tue	10:15-11:15 a.m.	Hiawatha	L Reese	\$45
176835	Tue	6:30-7:30 p.m.	Alki	L Reese	\$45

Advanced Beginner

180138	Tue	9:30-10:15 a.m.	Hiawatha	L Reese	\$40
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Enjoy volleyball? Come have a good workout with others!

FITNESS

Aerobics and Dance

Nia \$50
Experience the joy of movement. Nia is inspired by jazz, martial arts, and yoga, and is set to soul-stirring music.

Session 1: 4/3-5/1, meets 5 times
176837 Tue 10:15-11:15 a.m. Delridge N Scher

Session 2: 5/8-6/5, meets 5 times
176838 Tue 10:15-11:15 a.m. Delridge N Scher

NEW Nia Moving to Heal \$45
Improve your balance, strength, and mobility. This gentle fitness class is designed for those with long-term or chronic illness and individuals with short-term personal healing goals. Taught to inspiring music with adaptable movements from dance, martial arts, and healing arts. Participants can stand, sit, or a combination of both.

176847 Tue 11:45 a.m.-12:45 p.m. High Point N Scher

Tap Dance \$50
A mixed level adult tap dance class to improve your tap knowledge, physical stamina, and mental prowess. *Class runs 4/19-6/21.*

176853 Thu 12:30-1:30 p.m. High Point TBD

Zumba® Gold
Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

176854 Mon 10-11 a.m. Alki M Jorgensen \$46
176855 Tue 10-11 a.m. Alki M Jorgensen \$50
176856 Thu 10-11 a.m. Delridge M Jorgensen \$50

Strength and Conditioning

Fitness at Alki \$45
Build total body muscle strength utilizing dynabands, free weights, and floor work. Improve balance, flexibility, and agility. Bring weights to class.

176814 Wed 10-11 a.m. Alki M Dalzell

Tai Chi

Tai Chi and Qigong

Qigong and tai chi elements are combined in one class to provide you with relaxing, ancient, meditative qigong moves along with beginning steps of the original tai chi short form derived from the lineage of Master Cheng Man-Ch'ing. Both qigong and tai chi help restore ease of movement, balance, stability, relaxation, alignment, subtle strength, and stamina. Movements are slow and fluid. *No class Friday 4/13.*

NEW at Delridge.

All Levels

176851	Thu	12:15-1:15 p.m.	Delridge	A Peizer	\$50
176852	Fri	9:45-10:45 a.m.	High Point	A Peizer	\$46



Yoga

We have a limited supply of yoga gear for new participants. We recommend that you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind. *No class Friday 4/13.*

176825	Tue	9-10 a.m.	Delridge	J Reed	\$55
176827	Fri	11 a.m.-Noon	High Point	J Reed	\$50

Outdoor Fitness and Nature

Friday Morning Walks

Free Social interaction, exercise, and beautiful scenery. Please register, and call 206-256-5403 so we know to expect you.

176821 Fridays 9:30-10:30 a.m. Alki Bathhouse



Angela P. Smith
Southeast
Recreation Specialist

206-684-7484 / cell 206-310-8163
angela.p.smith@seattle.gov

REGISTRATION

Register for programs using the barcode number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests, please call 206-386-9094.

TRIPS

Pickup Request:

Registered participants will be contacted 5 days prior to trip with date details and to confirm pickup site. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

PICKUP SITES AND TIMES FOR TRIPS

Yesler Community Center

917 E Yesler Way
Pickup 30 minutes before time listed.

Rainier Community Center

4600 38th Ave. S
Pickup 15 minutes before time listed.

Jefferson Community Center

3801 Beacon Ave. S
Pickup at listed time.

Rainier Beach Community Center and Pool

8825 Rainier Ave. S
Pickup may be available upon request, call for time.

SCHOLARSHIPS

The next scholarship cycle runs 6/23/2018-6/2019. Apply early to have your application approved prior to summer registration on 5/22. See page 50 for details.

FIELD TRIPS

UW Cherry Blossoms and Planetarium \$8 + Fee

The University of Washington Planetarium provides a unique space in which we can explore the night sky in the daytime. After lunch, bring your cameras for our afternoon stroll to the "Quad" where we'll see the Yoshino cherry trees. Please dress for outdoor weather. *Note this trip involves a great deal of walking. \$5 donation for the tour, lunch on your own on campus.*

176780 4/10 Tue 9:15 a.m.-3 p.m.

Tulip Festival \$21 + Fee

See the glorious colors of various tulips at the RoozenGaarde open fields and displays. *Free time to explore in La Connor, lunch and \$5 admission on your own.*

176779 4/17 Tue 9:30 a.m.-4:30 p.m.

Lunch Club \$8 + Meal

Lunch at the highly regarded Culinary Arts Program at South Seattle College where students cook savory and sweet meals for the moderate palate. *Lunch on your own.*

176777 4/20 Fri 10:30 a.m.-2:30 p.m.

Clearwater Casino \$18 + Ferry Fee

Enjoy the scenic ferry ride to Suquamish, located between Poulsbo and Bainbridge Island at the Agate Pass Bridge. This casino has undergone an extensive expansion. Good luck and have fun. *Ferry fee on your own. No scholarships or subsidies for this trip.*

176776 4/24 Tue 10:15 a.m.-5:15 p.m.

Museum of Glass and Tacoma's Broadway Farmers Market \$30

The Museum of Glass is the only museum west of the Mississippi devoted expressly to glass. Both the temporary exhibitions and the permanent collection feature 20th and 21st-century glass by artists from around the world. Learn and explore while on the docent-led tour for an interactive and unique adventure. *After, lunch on your own, and free time, at Broadway Farmers Market, Tacoma's first and longest standing market, celebrating its 28th anniversary! Admission and docent tour fee included.*

176775 5/10 Thu 9 a.m.-4:30 p.m.

FIELD TRIPS

Tillicum-Blake Island Cruise \$8 + Fee
Cruise to nearby Blake Island State Park to explore the 475-acre island which lies north of Vashon Island and south of Bainbridge Island. Eat a Northwest flavors-inspired buffet meal featuring traditionally-prepared alder fire-roasted fish and experience a Northwest Native American storytelling show. Don't forget your camera because the peek-a-boo views of Seattle and Mount Rainier from the island are spectacular! *\$90 cruise fee payable to Argosy Cruise. Once registered contact recreation specialist for payment arrangements. Payment due 5/4.*

176778 5/19 Sat 10:30 a.m.-4:30 p.m.

Wings Over Washington and Aquarium \$20
Take a ride in the state-of-the-art 'flying theater' in the world that will transport you on an aerial adventure above one of America's most scenic and beautiful states, Washington! Our waterfront has undergone many beautiful transformations. Explore the old and new shops like a tourist! *Free admission to the Seattle Aquarium with Gold Card (please inquire). Ride admission included.*

176782 5/22 Tue 10:30 a.m.-4 p.m.

SPECIAL EVENTS

Single Senior Event \$20
Welcome to mix-and-mingle with new acquaintances, and reconnect with longtime friends over catered hors d'oeuvres (appetizers) and bubbly drinks. There will also be live music in the background for an inviting atmosphere during our fun meet-and-greet games and dancing.

176772 6/30 Sat 4-7 p.m. TBA

Spring Potluck and Bingo Free
Bring a dish to share. After lunch, have fun and good luck at bingo. Prizes for the winners. *Please register in advance.*

176773 5/18 Fri Noon-3 p.m. Jefferson

Fabulous Over 50 Luncheon \$2
Receive community information, enjoy lunch, and play bingo. Thanks to our local sponsors, Park Place Assisted Living and Esperanza Apartments, this gathering happens once a quarter. *Registration required.*

176758 6/12 Tue 10:30 a.m.-1 p.m. Rainier Beach

Victoria BC Overnight

Victoria, British Columbia 3 days/2 nights at the Huntingdon Manor. Package includes breakfast for both mornings at hotel.

Day 1: Start your day aboard the Victoria Clipper for a scenic cruise. Once in Victoria, board a double-decker motor coach to the Butchart Gardens. Enjoy a narrated city tour of Victoria's landmarks while aboard. Relax on a ride back to downtown Victoria and use the rest of the evening to explore.

Day 2: Your choice to explore iconic Victoria, BC: afternoon tea at the Fairmont Empress, the Parliament building, the Royal BC Museum featuring Egypt: The Time of Pharaohs, or shopping at one of Johnson Street's unique boutiques on your own.

Room rates are \$455 double/\$684.50 single per package. Room payment due to Victoria Clipper by 4/20; no refunds. Once registered, call 206-684-7484 for reservation details. Room pairing available, please inquire. Must have passport or enhanced state ID to travel. Pickup at Garfield and Rainier only.

Cost: \$85 + Package Fee
Dates: 6/22-6/24
Time: Depart Friday 6:30 a.m.
Return Sunday Noon
Register with code 176781.



Photo courtesy of Katrina Beach

SOCIAL PROGRAMS

Lunch Programs

Food and Fitness: Ethiopian/Eritrean

Enjoy lunch and social, educational, and fitness programs as you celebrate your culture and language. Please call 206-684-4664 to reserve your meal.

Thu/Sat 11 a.m.-1 p.m. Yesler

Games

Drop-In Bridge

Drop-In play for bridge players.

Wed 11 a.m.-2 p.m. Rainier

Drop-In Mah Jongg

Fun game using Chinese tiles. Bring your Mah Jongg set if you have one and a snack to share. Basic skill set needed for group play.

Thu Noon-2 p.m. Rainier

Mexican Train - Dominos

Come and learn how to play Mexican Train, aka Dominos. No experience necessary. This is a lively group that meets the 4th Thursday each month: 4/26, 5/24, and 6/28.

Thu 7-9 p.m. Jefferson

ARTS AND HANDWORK

Needle Art Circle

Thu Noon-3 p.m. Jefferson

Quilting

Fri 11 a.m.-2 p.m. Jefferson

LIFELONG LEARNING

Beginning Knitting

\$80 + Materials

Learn the basics of knitting in this 11-week course. Your first class includes an outing to a local yarn shop to ensure you purchase all the right materials to get started! Class will cover the basics of casting-on and binding-off, knitting and purling, beginning pattern reading, plus some troubleshooting techniques. More advanced techniques demonstrated are: working with circular and double-point needled, and decreasing and increasing a variety of projects. Class is appropriate for complete beginners, as well as those who want to brush up and expand on their knowledge. To register call 206-684-7484.

176753 4/3-6/12 Tue 10:30 a.m.-Noon Yesler

AARP Drivers Safety \$20/\$15 AARP Members
Refresh your knowledge of driving skills and the rules of the road. By completing this 8-hour course, you may be eligible to receive a discount on your car insurance. Please register in advance. \$20 fee (\$15 for AARP members) payable to instructor.

176792 4/11-4/12 Wed/Thu 10:30 a.m.-2:30 p.m. Rainier Beach
176749 5/22-5/23 Tue/Wed 9:30 a.m.-1:30 p.m. Jefferson

Ethiopian Vegan Cooking 101

\$20

Prepare delicious traditional Ethiopian dishes! After cooking, everyone sits down to enjoy the meal together. You'll leave with a few recipes and information on where to find ingredients.

176757 5/1 Tue 10 a.m.-1 p.m. Yesler

Creole Cooking with Annie

\$15

Enjoy soul food at its best! Mrs. Edwards retired from Neighborhood House after 30 years of service. She is known for her tasty soul food recipes. Create her best jambalaya recipe, fresh green salad, and a special dessert.

176754 5/15 Tue 10 a.m.-1 p.m. Yesler



Come try one, or both, of our cooking classes—they are delicious!

DROP-IN SPORTS

Drop-In Pickleball All Levels

T/Th	10 a.m.-1 p.m.	Free	Rainier
T/Th	10 a.m.-Noon		Yesler
W/F	10 a.m.-Noon		Van Asselt

Competitive

Mon	10 a.m.-Noon		Jefferson
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Pickleball Skills \$22

Learn the basics of this popular sport, or brush up on your skills. This class is designed for beginning or intermediate players.

176771	Mon	8:30-10 a.m.	Rainier	M Anderson
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FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc.

Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Senior Aerobics \$40

Relieve your stress with an upbeat fitness class. Aerobics can improve your heart rate, blood pressure, and breathing.

176750	Wed	8:30-9:30 a.m.	Jefferson	Y Long
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Line Dance

Work out with your mind and body. Learn new dance patterns to all kinds of great music.

Beginner

176768	Thu	11:30 a.m.-12:30 p.m.	Van Asselt	L Reese	\$41
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Advanced-Beginner

176766	Thu	11:30 a.m.-Noon	Van Asselt	L Reese	\$20
176767	Fri	10-11 a.m.	Jefferson	M Chen	\$45

Intermediate

176769	Thu	1-2 p.m.	Van Asselt	L Reese	\$41
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Zumba® Gold

Ditch the workout, join the party! Fun is the key ingredient to this low impact Latin inspired dance fitness class. No rhythm required. Try a class and leave happy!

NEW time on Monday

176784	Mon	11 a.m.-Noon	Jefferson	C House	\$37
176785	Fri	11 a.m.-Noon	Jefferson	C House	\$50

Strength and Conditioning

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

176760	Mon	8-9 a.m.	Rainier	Y Long	\$37
176761	Wed	8-9 a.m.	Rainier	Y Long	\$50

EnhanceFitness \$45

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. Classes are ongoing. *Free to Kaiser Permanente members with Part B Medicare coverage (limit 3 classes/week), and those who have the "Silver and Fit" coverage (limit 10 classes/month). Must register each quarter.*

176762	Mon	9:15-10:15 a.m.	Rainier	Y Long
176755	Tue	10-11 a.m.	Rainier Beach	K McGeorge
176763	Wed	9:15-10:15 a.m.	Rainier	Y Long
176764	Thu	10-11 a.m.	Rainier	K McGeorge
176756	Thu	11:30 a.m.-12:30 p.m.	Rainier Beach	K McGeorge
176765	Fri	9:15-10:15 a.m.	Rainier	TBD



Tai Chi and Yoga/Qigong

Tai Chi \$40

Improve balance and posture, increase strength, and calm your mind.

All Levels

176774	Tue	12:30-1:30 p.m.	Yesler	E Baxa
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Drop-In Tai Chi at Rainier Beach \$3

M/Th	9:30-10:30 a.m.	Rainier Beach	S Hiserman
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Yoga and Qigong Mix \$3 Drop-In

Yoga and Qigong will increase your strength, stability, and flexibility. We will move with our breath and bring our awareness to our body. This is a gentle class suitable for all ages and abilities and is perfect for stress reduction.

Wed	6-7 p.m.	Rainier Beach
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Cayce Cheairs
Dementia-Friendly
Recreation Specialist

206-615-0100 / cell 206-786-2365
 cayce.cheairs@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs specially designed for, and celebrating the strengths of, people living with dementia. Many of these programs have been inspired and developed by community members living with dementia and care partners. We welcome ideas and feedback from the community.

Most of our programs are geared toward those living with Early Stage Memory Loss, unless otherwise noted. One care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs at 206-615-0100, cayce.cheairs@seattle.gov, or the contact person noted in the description.

Want to know more? Receive monthly updates!

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the monthly Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

SPECIAL EVENTS

"Arts in the Park" Art Show Opening

Free

Enjoy the opening for an exhibition of watercolor paintings inspired by a year in the Japanese Garden. Refreshments provided. All the art was produced in the 'Arts in the Park' Watercolor Painting program, a partnership with Elderwise, sponsored by Careforce. On display mid-March through May 31, with free entry on First Thursdays after 3 p.m..

Location: Japanese Garden, Tateuchi Community Room, 1075 Lake Wa Blvd. E.

4/5 Thursday 3 p.m.-Close

Momentia Talent Share

Free

Celebrate community, creativity, and the strengths and talents of community members living with memory loss at the 5th Annual Momentia Talent Share. Family and friends welcome! Enjoy artwork, music, and more. Sign up to perform a song, poem, skit, or tell a joke. Amateurs welcome. Piano available. Refreshments provided! *Sign up to confirm spot to perform by 3/30.*

4/7 Saturday 2-4 p.m. Northgate CC



Painting is a great way to engage the mind!

SOCIAL PROGRAMS

NEW Momentia Mondays Free
 Connect with others experiencing memory problems and explore different topics and projects together, including Taproot Theatre's Re-ignite the Mind with Improv. Offered in partnership with Southeast Seattle Senior Center (SESSC), and Taproot Theatre. Please RSVP with the SESSC to confirm program details at 206-722-0317.
Location: SESSC, 4655 S Holly St
 Mondays 10:30-11:30 a.m.

NEW West Seattle Momentia Mix Free
 Explore, create, and connect each month at Camp Long! Enjoy socializing, light refreshments and rotating creative activities, such as such as music, movement, improv, art, bingo and more. Offered in partnership with Providence Mount St. Vincent, Quail Park Memory Care, and Senior Center of West Seattle. Questions? Call Cayce to confirm program details.
Location: Camp Long, 5200 35th Ave. SW
 *6/23 location TBD
 Fourth Saturdays: 4/28, 5/26, 6/23* 10:30 a.m.-Noon

CREATIVE ENGAGEMENT

"Arts in the Park": Watercolor Painting \$15/3-Session Series
 Engage with art and nature in community! A skilled Elderwise facilitator leads this 3-session series open to persons living with dementia and care partners. The 2-hour session includes time to explore in the garden, light refreshments, and a guided painting experience inspired by the Japanese Garden. *Morning or afternoon session, one series per participant. Register by 4/12.*
Location: Japanese Garden, 1075 Lake Wa Blvd. E.

Morning or Afternoon Series
 4/17, 4/24, 5/1 Tuesdays 10 a.m.-Noon OR 1:30-3:30 p.m.

Friendly Folk Dance Free/4-Session Series
 "Travel the world" in this inclusive 4-week dance experience for persons living with memory loss and care partners. Teaching artist and folk dance master, Susan Wickett-Ford, leads simple moves with inspiring music from around the world. All abilities welcome, seated dance options available. Offered in partnership with Silver Kite Community Arts, sponsored by Áegis Living.
 4/4, 4/11, 4/18, 4/25 Wednesdays 10:30 a.m.-Noon Yesler CC

FITNESS

Minds In Motion \$22.75
 Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Áegis Living. *Register with Cayce at 206-615-0100.*
 Instructor: C Grekoff. *No class 5/28.*
 Mondays: 4/2-6/11 2-3 p.m. Miller CC

OUTDOOR RECREATION

Garden Discovery Walks Free
 Savor the season with monthly walks through Seattle public gardens, followed by a creative, nature-inspired activity developed by registered horticulture therapist, Laura Rumpf. Light refreshments provided, bring a bag lunch (optional). Offered in partnership with UW Memory and Brain Wellness Center. *Registration required, contact Cayce for more information.*
 First Fridays: 4/6, 5/4, 6/1 10 a.m.-Noon Various Locations

Out and About Walks Free
 Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby cafe. *Registration required, contact Cayce for more information.*
 2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

Early Stage Memory Loss Zoo Walk Free
 Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868.*
 Monday and Wednesday mornings Woodland Park Zoo

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in Seattle, visit: www.momentiasseattle.org.



Tamara Keefe
Sound Steps
Program Coordinator

206-684-4664 /
cell 206-399-4655
sound.steps@seattle.gov



Stay Connected!

- Follow us on Facebook.
- Visit the Sound Steps blog at seattlesoundsteps.wordpress.com.
- Email sound.steps@seattle.gov to receive the E-newsletter.

Sound Steps is a community-driven walking program designed for all levels of walkers. Whether you are just starting out, or have already walked marathons, there is a group for you!

Please register for programs using the barcode provided. See page 43 for registration information or call the program coordinator if you have questions.

Hikes: Levels of Difficulty

- Easy** - paved, smooth and fairly level trail surface; recommended for beginners
- Moderate** - some hills; exposed roots and rocks possible
- Challenging** - some difficult terrain; hills or stairs
- Difficult** - steep hills, significant elevation gain; for advanced hikers

HIKES AND TRIPS

Enjoy the great outdoors! Two regular pickup locations,
SOUTHEND: Jefferson Community Center
NORTHEND: 8061 Densmore Ave. N
Pickup times are listed and vary based on destination. Return times are approximate. Please bring a lunch and plenty of water. Register online or at your local community center.

Lowell Riverfront Park Trail \$10
This easy and peaceful walk is along the banks of the Snohomish River, and a great place to look for birds and other wildlife. Up to 3 miles on flat, paved paths. Return time 2 p.m..

176929 4/2 Mon Jefferson CC pickup: 9 a.m.
Densmore pickup: 9:30 a.m.

Tradition Lake Loop \$15
Hike a series of short, nearly level trails that offer views of two lakes and of some swampy areas, and pass one of the largest trees in the Tigers. Appreciate the forest vegetation and wildflowers. Along the way, hear and perhaps see a variety of song birds and waterfowl. Return time 2:30 p.m..

176939 5/14 Mon Densmore pickup: 9 a.m.
Jefferson CC pickup: 9:30 a.m.

Bridal Veil Falls \$25
A moderate to challenging hike with a huge payoff. This trail was recently saved from logging by environmental organizations and members of the public. 4 miles round trip with 1000' elevation gain. Return time 4:30 p.m..

176923 6/18 Mon Densmore pickup: 9 a.m.
Jefferson CC pickup: 9:30 a.m.



Stretch your legs on a hike with us!

SPRING TRAINING PROGRAM

Join the Spring Training Program

Challenge yourself to complete a distance walk event this spring! Guided walks and Sound Steps leaders will motivate you to train for the Green Lake Loop, Lake Union Loop, and Celebration Walk events. Learn more by visiting the Sound Steps blog and attend a walk event!

South End Saturday Walk Locations:

- 2/3-3/31 Meet at Jefferson CC at 9 a.m.
- 4/7-6/2 Meet at Rainier CC at 8 a.m.

North End Saturday Walk Locations:

- 2/3-3/10 Meet at Bitter Lake CC at 9 a.m.
- 3/24-4/14 Meet at Larsen's Bakery in Ballard at 9 a.m.
- 4/15-6/2 Meet at Ravenna CC at 9 a.m.

No group walks will be held on Saturday 3/17 or Saturday 5/5.



EVENTS

Green Lake Loop

\$10

Bring your family and friends and walk up to 6 miles around Green Lake with Sound Steps! This event features live music, snacks, giveaways, and a discount coupon to Super Jock 'N Jill!

176845 5/5 Sat 9 a.m.-Noon Green Lake CC

Lake Union Loop

\$15

This is the big event many Spring Trainees have been training for! Enjoy walking along the beautiful Cheshiahud Trail that surrounds Lake Union. 10k (6 miles) and half marathon (13 miles) distance options. This event features live music, snacks, prizes, and a medal.

176944 6/9 Sat 8 a.m.-2 p.m. Gas Works Park

Sound Steps Celebration

Free

Walk and Picnic at Jefferson Park

Our final walk to celebrate the season's accomplishments. Jefferson Park is a sight to behold with its endless activities and flat, paved walking paths. Walk any distance you'd like... everyone is a champion! If you've trained with Sound Steps over the course of the program, plan to stick around for our picnic celebration at noon!

176976 6/23 Sat 8 a.m.-2 p.m. Jefferson Park Shelter #3
(flexible start)

WEEKLY WALKS - NORTH

Ballard Sound Steps

3 miles, flat, paved Burke-Gilman Trail. Moderate pace. Meet at Fred Meyer main entrance, 915 NW 45th St..

176839 Mon 9:30-10:30 a.m. Fred Meyer

Carkeek Park Hike

3 miles, some hills, natural surface forest trails with views of Puget Sound and occasional forays through adjacent streets. Moderate pace. Meet at Eddie McAbee entrance, NW 100th and 6th Ave. NW.

176843 Wed 10-11:30 a.m. Eddie McAbee entrance

Senior Zoo Walkers

\$20/13 wks

Woodland Park Zoo, Kaiser Permanente, and Seattle Parks and Recreation invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Fitness leader warm-up at 9:15 a.m. *Sign up online:* <http://www.zoo.org/seniorzoowalkers>. Meet at Woodland Park Zoo, South Gate, 50th and Fremont.

T/Th 9:15-11 a.m. Woodland Park Zoo

Green Lake Loopers

Walk the 3-mile loop at a gentle or moderate pace. Monthly group; hosted by the Wallingford Community Senior Center. Meet in front of Green Lake Church, 6350 E Green Lake Way N, cross street is Meridian Ave. N. *RSVP to WCSC: 206-461-7825.*

176846 Fri 1:30 p.m. Green Lake

North Greenwood Sound Steps

3 miles, moderate pace, some hills, natural surface forest trails in Llandover Woods greenspace. Meet at Diva Espresso, 14419 Greenwood Ave. N (*Diva Espresso at the northernmost end of Greenwood Ave.*). *Call Nancy at 206-851-6860 if you'd like more information.*

176959 Mon 9:30-10:30 a.m.

Sound Steps Strollers

Start taking steps toward a healthier you! This program is designed for beginner walkers, people with mobility challenges, and those who use mobility aides. Group meets at the food court at Northgate Mall, located at the south entrance near the parking garage. Led by volunteer walk leader, Patty Young, 206-365-6691.

176978 Sat 9 a.m. Northgate Mall

Magnuson Park

All ages welcome! Walk with a group as we explore the sights and sounds of Magnuson Park. Varied terrain and flexible pace and distance. *Please call Anu before attending at 505-412-0274.* Meet outside Sand Point Tennis Center Entrance.

176955 Sun 10 a.m. Magnuson Park



WEEKLY WALKS - CENTRAL

Pike Place Market Sound Steps

3 miles, flat, paved with waterfront views. At your own pace. Meet at the Pike Market pig.

176964 Thu 10-11 a.m. 85 Pike St.

Discovery Park Sound Steps

2.8 miles, some hills, natural surface trails with Puget Sound views. Moderate pace. Meet at the visitor center.

176844 Fri 10-11 a.m. Discovery Park



WEEKLY WALKS - SOUTH/WEST

Lincoln Park Sound Steps

3 miles, some hills, natural and paved surface trails along Puget Sound. All paces welcome. Meet at the south end of the north parking lot.

176950 Mon 10-11:15 a.m. Lincoln Park

Rainier Beach Indoor Walk

Walk laps to music inside the gym at your own pace.

176967 T/W 10-11 a.m. Rainier Beach CC

SOUND STRIDERS

Enjoy faster, longer walks?

Free

Join 'Sound Striders' for 5 to 6-mile moderately-paced walks every week! Meet at 8 a.m. for coffee; walk leaves at 8:30 a.m. Each month we explore a different Seattle neighborhood. Call 206-684-4664 for current walk locations, or view on the blog, under [Weekly Walking Groups>Sound Striders](#).

NORTH Striders Tuesdays

176961

SOUTH Striders Thursdays

176978

OTHER WEEKLY WALKS

Team Survivor NW

Are you a female cancer survivor looking for more opportunities to exercise? Whether you have been recently diagnosed or are several years out from treatment, join other female survivors for fitness and support.

Weekly walks meet on Thursday and Friday mornings. For more information on walks and other programs, contact Abbe at outreach@teamsurvivornw.org.



WALKS WITH DOGS

Bring a dog, or come without one if you love dogs. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site at 11 a.m., leash your dog, and bring poop bags. Walks are free, please remember to register at 206-615-0619 so volunteer leader Sharon LeVine may contact you if there is a change.

Note: Bus riders are allowed to bring their dogs on Metro buses.



Meadowbrook Pond and Neighborhood

Meet at Meadowbrook CC, 10517 35th Ave. NE.

4/3 Tue 11 a.m.

Beach Drive-Puget Sound in West Seattle

Meet in Me-Kwa-Mooks Park, 4503 Beach Drive SW at SW Oregon St., near the Porta Potty.

4/17 Tue 11 a.m.

Discovery Park

Meet outside the Environmental Learning Center, 3801 West Government Way.

5/1 Tue 11 a.m.

Madison Park Neighborhood

Meet at Starbuck's, 4000 East Madison.

5/15 Tue 11 a.m.

Seattle Center Attractions

Meet at Ward Street Park, 4th Ave. N and Ward St. on the south slope of Queen Anne Hill.

5/29 Tue 11 a.m.

Madrona Neighborhood

Meet at the Hi Spot Café, 1410 34th Ave., near Union St..

6/12 Tue 11 a.m.

Windermere Neighborhood

Meet at Gretchen's Place Café, 5432 Sand Point Way NE.

6/26 Tue 11 a.m.



WANTED!

Volunteer Van Drivers!

We need a new group of volunteer drivers to help us out on our great trips! Volunteers receive training, and admission and lunch on the trips they drive for. Add to that the opportunity to see new things, go new places, and enjoy great company! If you would be interested, or you know someone who might be interested, please spread the word! Must have a good driving record, be willing to drive a 14 passenger van, have a driver's license and participate in training, which includes first aid/CPR, city drivers training, and on the road training to familiarize drivers with the vans.

Questions? Contact Cheryl 206-615-0619.



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils always are looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please call the Lifelong Recreation Office at 206-684-4951.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have lots of opportunities for you to get involved within your community!



- Lead a book club, bridge club, mah jongg group.
- Be a field trip van driver.
- Join the Senior Volunteer Team at your local community center.
- Come help at a food bank with us.
- Be a weekly walk leader with Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council - see above.

COMMUNITY RESOURCES

Senior Coffee Hours

The Mayor’s Office for Senior Citizens’ Coffee Hours is free and brings community elders closer to City officials, providing elders an opportunity to learn more about City programs and services, and offers an opportunity to hear from elders. Refreshments are served. Coffee Hours are held the third Thursday of every month, from 10-11 a.m., in the Central Building Conference Room, on the 1st floor at 810-3rd Ave. (between Columbia and Marion St).

Dates/speakers are TBA. Call 206-684-0500 to verify dates/times, or email seniors@seattle.gov.



Community!

Age-Friendly Seattle

The City of Seattle is taking steps to establish itself as an age-friendly city!

What is an age-friendly city?

It is a community in which people can grow up with ease. The World Health

Organization has determined that there are 8 domains of livability:

1. outdoor spaces and buildings
2. transportation
3. housing
4. social participation
5. respect and social inclusion
6. recreation, civic participation, and employment
7. communication and information
8. community and health services

Using these guidelines, Seattle is in the process of creating an Age-Friendly Seattle Action Plan. Visit <http://www.seattle.gov/agefriendly> to learn more.



RESOURCES

Agency	Website	Telephone
Asian Counseling and Referral Service	Acrs.org	206-695-7606
Chinese Information and Service Center	Cisc-seattle.org	206-624-5633
Community Living Connections	Communitylivingconnections.org	1-844-348-5464
Generations Aging with Pride	Gapseattle.org	206-495-8312
Neighborcare Health	Neighborcare.org	206-461-6935
Neighborhood House	Nhwa.org	206-461-8430
Refugee Women’s Alliance	Rewa.org	206-721-0243
SeaMar	Seamar.org	206-763-5277
Sound Generations	Sound.generations.org	206-448-5757

SENIOR CENTERS

Senior Center Programs

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Southeast Seattle Senior Center

4655 S Holly St, 98118
206-722-0317

Community Dining Lunch

Chef Sharon Smith and volunteers make fresh lunches. Monthly menu available at the front desk.

When: Mon-Fri, Noon-12:45 p.m.

Cost: Age 60+: \$3 suggested donation/others: \$6

Regular Bingo

Enjoy a classic game of bingo!

When: Wednesdays 12:30-3 p.m.

Cost: \$5 buy-in, \$3 if you bring a new player

Rainbow Bingo

Join the fantastic Ms. Sylvia O'Stay for prizes and pandemonium to raise money for the center's programs.

When: Fridays 6-9 p.m.

Cost: \$20 in advance/\$25 at the door

Senior Center of West Seattle

4217 SW Oregon St., 98116
206-932-4044

Second Thursday OUT!

6 p.m. every second Thursday of the month. LGBTQ social for those over 50 and their supporters. Call 206-932-4044 x3 for more info.

Senior Center Locations

Ballard NW Senior Center

5429 32nd Ave. NW 98107

Tel: 206-297-0403

ballardseniorcenter.org

Central Senior Center

500 30th Ave. S 98144

Tel: 206-726-4926

centralareasrcenter.org

Greenwood Senior Center

525 N 85th St. 98103

Tel: 206-297-0875

phinneycenter.org/gsc

Lake City Community Center

12531 28th Ave. NE 98125

Tel: 206-268-6738

lakecityseniors.org

Pike Place Senior Center

85 Pike St., #200 98101

Tel: 206-728-2773

pikemarketseniorcenter.org

Southeast Seattle Senior Center

4655 S Holly St. 98118

Tel: 206-722-0317

sessc.org

South Park Senior Center

8201 10th Ave. S 98108

Tel: 206-767-3650

spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St. 98104

Tel: 206-624-5633

cisc-seattle.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N 98103

Tel: 206-461-7825

wallingfordseniors.org

West Seattle Senior Center

4217 SW Oregon St. 98116

Tel: 206-932-4044

sc-ws.org

REGISTRATION - Online, in Person, by Phone, and by Mail



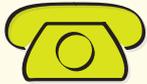
ONLINE

1. Visit www.seattle.gov/parks.
2. Click on "Sign up for Classes and Programs (SPARC)".
3. Follow the on-screen instructions to register.
4. Pay by credit card. We accept Visa, MasterCard, and American Express. In order to make your online registration go as smoothly as possible, please set up an account 24 hours before registering at www.seattle.gov/parks/ and click on "Sign up for Classes and Programs (SPARC)".



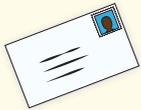
IN PERSON

1. Visit your local community center.
2. Pay by cash, check, or credit card. We accept Visa, MasterCard, and American Express.



BY PHONE

Call your recreation specialist, or the Business Service Center at 206-684-5177.



BY MAIL

Mail in your check, payable to City of Seattle, to 4554 NE 41st St., Seattle, WA 98105, with the registration form below.

Parks Management and Professional Staff

4554 NE 41st Street • Seattle, Washington 98105
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

Christopher Williams, Acting Superintendent

Kelly Guy, Director of Recreation

Brenda Kramer, Manager Lifelong Recreation Programs

Professional Staff

Cheryl Brown, Recreation Program Coordinator, 206-615-0619

Dena Schuler, Management Systems Analyst, 206-615-1884

Linda Guzzo, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Park District Scholarship funds are available to those who qualify. Lifelong Recreation programs have been allocated over \$50,000. To apply, visit any community center or pool, bring your most recent 1040 or SSI paperwork, and picture ID. To download forms online visit bit.ly/SPRScholarships.

Here are some beginning qualification guidelines:

Scholarship Eligibility		Number in House			
		1		2	
80%	Monthly	\$1,963	\$2,207	\$2,657	\$2,988
70%	Monthly	\$2,208	\$2,335	\$2,989	\$3,161
60%	Monthly	\$2,336	\$2,521	\$3,162	\$3,413
50%	Monthly	\$2,522	\$2,708	\$3,414	\$3,665
40%	Monthly	\$2,709	\$2,874	\$3,666	\$3,891

REGISTRATION FORM

Class/Trip Number	Class/Trip Name	Date	Day	Time	Amount
					\$
					\$
					\$
					\$
					\$
Total Amount (payable to <u>City of Seattle</u>)					\$

Name _____

Address _____

Telephone _____

Email _____

Date of Birth _____

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee—Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.

Please read the entire policy 7.16 for specific information. An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Cover photo: Exploring tide pools at Discovery Park. See page 6, Special Events.

Most photos courtesy of Ryan Hawk Photography.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please call 206-386-9094 or TDD 206-233-1509. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.



Seattle Parks & Recreation

healthy people healthy environment strong communities

Lifelong Recreation

4554 NE 41st Street
Seattle, WA 98105

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It's Tulip Time!

Celebrate the arrival of spring with a visit to
Skagit Valley for the annual Tulip Festival.

See pages 12, 25, 30, 31, and 36.